

Newsletter

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*AbstrACT
Coaching*

**July 2010 the
month that was!**



&
**DreamBoard
Expert**

**Upcoming Intuitive
DreamBoard
Workshops**

- 14th August 2010
The Craft Hoose—
Ellon
- 22nd September
The Local Hub—
Kintore
- 1st October 2010
Gallery i—Inverurie

**Booking essential
see our website for
more details**



**Let's Light you up!
In happiness
Theresa**

What, Website facelift & a Blog?

As I mentioned last month our website went in for a face lift and I am pleased to report that it together with our new Blog is officially active. I know we are all busy but it would be so exciting if you could take a moment and go have a read, and make some comments if you like!!

With the Blog the plan is to keep it interesting and filled with amazing stories of life changing moments from readers, plus some creative writing from me.

Let's start sharing amazing stories, we all know that amazing things are happening to people everyday lets connect with a positive and motivating outlook that can help carry us through those moments where we find ourselves tested.

“Arting Around”@ Crathes Castle

If you are looking for a creative outlet regardless of your age explore this wonderful new business that has just opened their doors. My very special friend Anita continues to amaze me, what an inspiring creative studio with room for birthday party celebrations especially for young people. We say “Congratulations this is only the beginning.” For more information have a look through their website and see what I am talking about.

We were there this Saturday past and had oodles of fun!

www.arting-around.net

A time to reflect

Well it is holiday time so enjoy and have a fantastic time!

As you get back to your daily routine, yes I know you probably don't want reminding about that, but reflect on what was memorable about your adventure, what did you do differently that was better for you and how can you make that part of your everyday life? One thing will do, oh and share it with me and I will share them on, who knows you might inspire someone you don't even know!

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