

You must be the change you want to see in the world.

-Mahatma Gandhi

Be the Change
Workshop Retreat
March 1st & 2nd, 2012
Pompano Beach Florida

Develop an authentic sense of well-being. Become more centered and productive.



Professional guidance and coaching in an inspiring setting help you devise and keep realistic goals, create new, productive habits, and defeat pesky blocks and barriers. According to modern brain science, certain techniques and creative exercises allow you to rewire your brain. **Intentional Transitions'** founder, Drs. Susan Schaefer, APR, has been guiding clients to seek answers in unexpected places for more than 35 years. Susan is a certified facilitator in MIT-Harvard's *Getting to Yes*, a *Presence Based* coach, a graduate-level professor of executive communications, and a published author. Along with her **Intentional Transitions** team, Susan brings dynamic perspective to her work.

In an intimate small group workshop setting you will:

- Create a personal vision and mission
- Focus on clear, obtainable objectives
- Craft sustainable commitments
- Identify your obstacles
- Receive follow-up one-on-one telephone coaching session and a workbook.
- Healthy lunch included both days

Tuition (*does not include hotel accommodation*): \$850*
* *Please inquire about scholarships and payment options.*

The Marriott Residence Inn-on-the-Beach in scenic Pompano Beach, just 20 minutes north of Ft. Lauderdale, is a boutique hotel with a private beachfront, two pools, whirlpool, and on-site full service spa. All rooms are full suites with ocean views. Hot, healthy breakfast inclusive. The hotel is offering a package rate for our guests. Please email insights@scc.net or call Susan at 262-744-0938 to register or for more information.