

Got Goals? Get Momentum How You Can Profit by using the Power of Focus



You know where you want to go.
And you know what you need to do to get there.
Where do you start when there is so much to do?

— Join the May '09 Coaching Group with Virginia Kravitz —

Be encouraged to take bold action.

Profit by using the Power of Focus.

Spring forward!

- ◆ Group begins **Thursday, May 7** and meets for four consecutive weeks via phone (conference number provided). Additional e-mail support between sessions.
- ◆ Calls are: **7:30-8:45 PM Eastern / 4:30-5:45 PM Pacific**. Final meeting time may be adjusted based on the time zones and consensus of enrolled participants.
- ◆ **\$99** for the entire month or **\$79** if you are a *Current of Life* [subscriber](#). Payment via credit card.
- ◆ Here is what we'll cover in addition to having "live" group coaching each week:
 - ✓ Learn the top three ways to create momentum in your life.
 - ✓ Apply a formula for taking bolder action, making progress on the other smaller steps, and having fun at the same time.
 - ✓ Avoid two approaches that often hold people back.
 - ✓ Receive a checklist for identifying your areas of opportunity.
 - ✓ Create your own "Spring Forward" Action Plan that includes your #1 action to take first.

Register today by sending an email to info@inthecurrent.com. If you have a question about whether this group is a good fit for you, feel free to call me at: 480-659-9610. —Ginny

Virginia Kravitz, Career and Life Coach, has always been fascinated by how people make meaningful change and create lives that delight them. Ginny founded her company, In the Current™, to serve accomplished professionals who want to have passionately fulfilling careers and lives. It provides coaching programs and tools to support moving boldly in new directions while fully enjoying the present.

Prior to entering the coaching profession in 2002, Ginny had a 15 year corporate career with a leading health care benefits company including a role as director in a national accounts sales and marketing organization and then as the creator and manager of a corporate presentation facility and customer center.

A graduate of Coach U, Ginny is a member of the International Coach Federation, as well as a recognized Life Blueprint™ coach and authorized facilitator of the Now What™ career and life direction program. In addition to being a member of the pioneer group of authorized OASIS Trainers, Ginny is a co-author of the 28 Day Guide: *OASIS in the Overwhelm - Rewire Your Brain from Chaos to Calm*. Her e-zine, published every other Tuesday, is entitled *Current of Life*.

Specialties:

- Career Restlessness
- Managing Overwhelm
- Owning Your Time

Additional specialties:

- Identifying your Values, Purpose, Vision
- Strategic Planning & Goal Setting
- Cultivating a Positive Mindset
- Transforming Limiting Beliefs to Empowering Thoughts

Signature Programs:

- ▶ In the Current™ Coaching
- ▶ Now What?® Coaching
- ▶ OASIS in the Overwhelm



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To learn more about In the Current™ coaching programs, to access helpful tools and resources, and to subscribe to the *Current of Life* e-zine, visit: www.inthecurrent.com.

Private, Shared, or Group Coaching
Keynotes • Workshops • Retreats
