



Hi,

I'm so excited to offer the second annual, **LIVE YOUR LIFE ON PURPOSE PROGRAM!**

Over the 13 years I've been coaching, I've been listening, evaluating and noting the most important principles to getting unstuck, handling overwhelm, improving relationships and ultimately, living your best life. This led me to create the 12-month, exclusive, and experiential group coaching program, designed for women, who are ready to Live Life On Purpose.

It Is Designed to Help Women:

- Live in the present and turn down all the noise.
- Live proactively, not reactively.
- Improve key relationships with better communication and boundaries.
- Improve confidence in themselves, their skills and their bodies.
- Stop goal setting, New Year's resolutions, and never, getting *there*.
- *Topics include: Saying no and boundaries, self-care, improving communication, and forgiveness, to name just a few.*

"Shawna's Live Your Life on Purpose program was exactly what I needed this past year. I began the year at a very low point. I was frustrated, unhappy, disappointed and drifting in my life. Shawna's program, along with her innate wisdom and graciousness and has helped me tremendously. It was encouraging to share the experience with a wonderful group of women, and I finish the year with renewed hope, confidence, and anticipation for what is to come. I know that even though my work is not finished, I now have the skills and strategies I need to move forward with my life." - Alison R.

"This workshop has given me so many tools to use in every aspect of my life. Shawna is great at what she does! I always looked forward to meeting with the group and was inspired by Shawna's knowledge!" - Sheryl S.

It's Time to Change Your Mind!

Each month we'll meet, and I'll teach you a core principle. As you learn, apply the tools, and use the support, you'll undo unhealthy thought patterns, limiting beliefs and bad habits, and will design a new, and clearer way of thinking your life forward.

Each principle is designed to build on the next, and requires you to actively participate, do the self-work, and take the courageous steps needed to change.

Not to worry, you'll have lots of support from me, and the energy of the group to keep you going!

Live Your Life On Purpose

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This Program Consists of These Key Elements:

- A 2 Hour in-person workshop each month consisting of a presentation and coaching exercises on core topics.
- Follow-up emails, binder full of resources and tools, and check-ins from me to help you stay on track.
- A community of like-minded women that you can relate to and grow with.
- A way to enrich your one-on-one coaching sessions, and a way to meet and share with other women working on similar challenges, topics and goals.

Why Just for Women?

Women are amazing! You're managing a lot, and wearing multiple hats: mother, wife, daughter, sister, business owner, teacher, and that often means that the self is neglected.

Life has become an exercise in reacting, rather than proactively living, and the pressure to "do it all" and "make everyone happy" often means your story goes untold, unfulfilled, and unlived.

This 12-month workshop is designed to create space, give a voice, and provide clear and simple ways to regain self, and to live On Purpose, this year and beyond. Besides, when women support each other, amazing things happen!

**The program is open to existing and past clients, and new friends that have yet to be met!*

I encourage you to invite a friend and go on this journey together.

It's also a perfect addition to our one-on-one coaching sessions, with new topics, exercises and real-world challenges and goals. If you've never worked with me, this can be a great way to experience coaching.

The Details:

The first workshop will take place Wednesday, January 29th @ 6:30 PM and will include an opening reception, with light food and refreshments, and time to get to know each other. Each workshop will be hosted the last Wednesday of every month (with the exception of February and December) and will run from 7-9PM. Alternate dates for those months will be given at our first gathering.

Know that if you have to miss a month at some point in the year, you will receive all the notes, resources, and a summary email, as well as support from me, and the group to ensure you feel almost like you were there!

** Workshop location will be on the Southside of Edmonton at the Providence Renewal Center, 3005-119 Street NW.*

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***Space is limited, so reserve your spot early.**

But Wait, There's More!

In addition to the monthly workshop program, you'll also get these goodies:

- An opening reception to connect and get to know each other.
- A lovely notebook to track progress and learnings. (Who doesn't love a new notebook?!)
- Multiple resources and worksheets.
- Follow-up notes after each session, and a mid-month check-in to provide support and encouragement.
- A graduation ceremony from the [Live Your Life On Purpose Program!](#)

All of this – the workshop, materials, support, and tools works out to less than \$60/month!

It's the kind of investment and opportunity that truly has lifelong impact.

JOIN TODAY!

Reserve your spot today with a payment of \$675.00 plus GST.

****Early Bird Price Deadline, Friday, January 10th, 2020 - \$625.00 plus GST.**

You can pay cash, cheque (made payable to Shawna Campbell), or E-transfer to this email address, (onpurposelifecoaching@hotmail.com). **Payment arrangements can be made - please contact me directly.**

I so hope that you'll join me! Send me an email today to hold your spot and to receive the Registration form and next steps.

Together we can make 2020, On Purpose!

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