

BORDERS®

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Please join us for this upcoming event in our Borders Café!
“Coffee & Coaching” with Kathie Nitz, Life & Relationship Coach



Kathie Nitz, a Southbury resident and professionally trained Life & Relationship Coach, is hosting a “Coffee & Coaching” series in our Borders café for all our patrons. On the third Wednesday of each month, Kathie will facilitate a group discussion on relevant topics.

Imagine a relaxed environment designed to encourage honest and thought-provoking conversations about the universal challenges we all face. Now, think what would be possible if these were facilitated by a Life & Relationship Coach. You'll walk away comforted in the knowledge you're not alone and with a fresh perspective and the tools to make productive changes in your life.

Group coaching is a fun way to experience the benefits of coaching. In addition, group coaching allows you to actively participate as much or as little as possible while still benefiting from the conversation and insights at the table.

Join Kathie the third Wednesday of each month between 10-11:30 AM if you're ready to start breaking patterns that no longer serve you well and empower yourself to live a life of choice!



Below are the details for our next “Coffee & Coaching” event

January 21, 2009 – 10-11:30 AM
“Vision & Values”

Are you one of the many people who were glad to see 2008 go? Last year brought historic shifts to our country, in particular the economic downturn, that will affect the way you live moving forward for at least the short term. Fortunately, a new year offers the promise of a fresh beginning and an opportunity for reflection and change.

This month we're getting back to basics. You'll have an opportunity to redefine/clarify your vision and get back in touch with your core values. Why is that important? Your vision and values are the compass for your life. When circumstances change, it's important to reevaluate your life or you'll continue to walk in the wrong direction in a shoe that doesn't fit.

This “Vision & Values” session will support you in:

- reconnecting with what truly matters to you
- focusing on the horizon instead of looking in your “rear view mirror”
- making decisions from a place of clarity rather than uncertainty

Start living a life of choice and move forward with confidence. This is much more powerful than making a list of resolutions that will get lost in the shuffle of your life. Join us on the 21st and lay a solid foundation from which you can build your future.

To learn more, please contact Kathie Nitz at www.strivetothrive.com or call 1-203-578-5244.