

BORDERS®

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We are pleased to announce a new event at your Southbury Borders!

“Coffee & Coaching” with Kathie Nitz, Life & Relationship Coach



Kathie Nitz, a Southbury resident, is introducing 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 conversations were facilitated by a professionally trained 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

December 17, 2008 – 10-11:30 AM

Encore presentation: “Six Simple Steps to T.H.R.I.V.E. Each Day”

Whether it's juggling all the roles you fill, feeling dissatisfied with your relationship(s), controlling your emotions, and/or worrying about your future, it's impossible to escape the day-to-day pressures. These stressors can easily overwhelm you and begin to take a toll on your health.

Since you can't control what happens around you, why not learn how to stay in the moment and make decision from a place of strength?

Imagine how you could benefit if you were given the tools to support you in:

- creating a healthier balance in your life
- honestly conveying your needs to others
- respecting your own boundaries and perspectives as well as those of others
- establishing a more effective way to communicate with others
- gaining clarity on what really matters in your life
- embracing the challenges and uncovering the gifts

Walk away with “Six Simple Steps to T.H.R.I.V.E. Each Day” and start creating the life you truly want to live!