

FOR IMMEDIATE RELEASE:

Business Coach Offers Free Goal Setting Challenge to Professional Women

Chicago, IL, October 29, 2009

Chicago area executive and personal coach Victoria Cook of The Guilt Free Coach is offering a goal setting challenge to professional women nationwide. Participation is free, and the program is open to anyone interested in receiving expert guidance for making the most of their time to achieve significant goals by the end of the year.

The Big Goals~No Guilt 30 Day Challenge includes \$400 worth of professional coaching services, including: an introductory teleconference, the proprietary 7 Step Guilt-Free R.E.S.U.L.T.S. system, daily instructional e-mails, a progress tracking tool, motivational audios, and an interactive forum. In addition to a prize package valued at \$500, the accomplishments of the winning participant will be nationally publicized.

The challenge is being conducted by certified executive and personal coach Victoria Cook, ACC. Deadline for registration is November 16th, 2009 and the challenge will run for 30 days. Complete details on the challenge are available at TheGuiltFreeCoach.com. Ideal candidates are professional women motivated to positively impact their business before the end of the year.

Said Victoria, "So many of us get dragged into the frantic holiday mentality and tell ourselves it's acceptable to push important tasks into January. But when we focus on ending the year strong and get a jump on business planning for the upcoming year, it removes a lot of pressure. We're able to enjoy the holidays and still hit the ground running in the new year."

Any professional woman interested in setting herself up for a stress free winter holiday and a productive start to 2010 is encouraged to visit TheGuiltFreeCoach.com to register for this national challenge. Deadline for registration is November 16th, 2009. The *30 Days to Success Quick Start Teleconference* is scheduled for November 10th, so early registration is recommended.

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Victoria Cook, The Guilt-Free Coach, is a successful speaker, certified executive and personal coach, and creator of The Guilt-Free R.E.S.U.L.T.S. System. Through coaching, classes, and workshops, she helps professional women accomplish BIG goals guilt-free. As a coach, Victoria sees her role as a catalyst helping her clients identify and implement greater self-care, and her 7 step system for creating the guilt-free results they desire. Frequently quoted in newspapers and other publications, Victoria herself is a professional working mother of two and has been joyfully married to her husband, Brian, for 15 years. For additional details, contact Victoria Cook at 847-516-0190 or visit www.TheGuiltFreeCoach.com.