



The *Guilt-Free* Times

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Happy Spring,

Generally you find some interesting information or resource highlighted in my e-zine. Well, this month's information and resource is ME! Yup, this month's e-zine is all about ME! ^_^ If you're not interested, just go ahead and hit the delete key now. Otherwise, I hope you'll indulge me as I share with you the ways I'M Springing Forward and how I can help YOU do the same thing!

Still with me?! GREAT! Keep reading...all the way to the end and NO skipping or you'll miss out on the F*R*E*E events, like the one I'm Co-Presenting on March 20th, and the special announcement I'm telling you, my loyal subscriber, FIRST!



Tooting my own horn

I'm excited to share with you the fact that I recently earned my Associate Certified Coach (ACC) designation from the International Coach Federation (ICF). The ACC is a credential encouraged by the ICF signifying a coach has met rigorous skills requirements, and proficiently applies the 12 Core Competencies in their coaching. As of this writing, I'm the 4th coach in Lake County awarded the ACC and one of only 24 ACC designees in Illinois.

It was important to me to achieve this designation as a sign of my commitment to providing my clients with first-rate coaching services. I'm also honored to be one of the leaders within my coaching community committed to professionalism and upholding the ethics and standards set by the ICF.

Need Some *SPRING* in YOUR Plans?

The first quarter of 2007 is nearly behind us. Are you on track with your personal goals; your business plan? Do you need time to work ON your business and not just IN it? Are you in need of clarity, direction, and profit? Then a Focus for Success Session may be just the SPRINGBOARD you need.

This Confidential, Customized 3-Hour Individual Session Will:

- Provide the structure & time for a strategic look at your business or personal goals
- Identify & address obstacles in your path
- Discover additional opportunities for increased profits
- Create and prioritize key actions to move you forward!

Who Needs This? *Anyone who:*

- Doesn't take time for strategic thinking
- Has a business challenge to resolve
- Needs clarity to optimize plans for a strong 2007
- Wants to take their business to the next level - personally, professionally & financially!

**Work smarter, not harder & achieve Guilt-Free Success!
Schedule your Guilt-Free Focus Session
today by phoning 847.516.0190**

Save \$100 on your session when you schedule by 04/05/07

F*R*E*E Events For You

MARCH 18th

Join the Guilt-Free Coach at the **Spring Ahead in 2007 Woman's Expo** in Mequon, WI if you're in the area!

MARCH 20th

Your ~~Money~~ ~~Or~~ AND Your Life

Fox River Country Day School
1600 Dundee Avenue, Elgin
6:30 - 8:00 PM

Cost: Free Compliments of FRCDS
Phone 847-888-7910 x126 to register

**Pre-registrants eligible for a special drawing
Childcare available for \$5 when you register by 3/16/07**

Is it REALLY possible to balance the demands of work, children, & home? Do you feel confident you can secure an excellent education for your children AND a comfortable retirement for yourself? Join The Guilt-Free Coach as she teams up with Jennifer Dallas of Morgan Stanley to provide solid answers and proven methods for

Identifying your unique life balance and how to make it a reality.

[More Details...](#)

See my [Schedule](#) page for additional future events

Don't Forget...

...to set your clocks forward one hour. Due to the Energy Policy Act of 2005, Daylight Saving Time starts two weeks earlier this year -- the second Sunday in March, which is March 11th, and lasts until the first Sunday in November, which is November 3rd.

Before you head to bed TONIGHT, set your clock ahead one hour AND change the batteries in your smoke and carbon monoxide detectors.



Lastly...

...March 29th find out the **8 Steps to Guilt-Free Living**, F*R*E*E. Details coming to an inbox near you!

WOW, you made it to the end! Thanks for listening! We'll return to our "regularly scheduled programming" next month!

Cheers!

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