



## Drive Your Life Forward with Power and Focus

Enjoy the support of a like-minded **personal growth network** and create a vision for your future with this **eight week group coaching program for women** offered by Forge Coaching and Consulting.

We will guide you to look inside yourself and quiet your inner critic as you develop **solutions** that fit your **values and passion**. The group enables you to share insights and questions with each other as you consider all aspects of your life: **wellness, career and relationships**.

Your coach, **MANON DULUDE PhD, PCC, RP** brings 25 years of hands on experience in individual, leadership and team development coaching to this program.



Inspire  
Yourself

Energize  
Your Life

Embrace  
Change

Clarify  
your needs

## Choice of Two Group Sessions:

### 8 Weekly In-Person Sessions

**Start:** Wednesday September 27, 2017

**Time:** 8:30 pm to 10:00 pm

**Location:** 38 Oak Street, Georgetown

**Cost:** Early Bird \$349.00 + HST

After Aug 1, 2017 \$399.00 + HST

### 8 Weekly Virtual Sessions

**Start:** Thursday September 28, 2017

**Time:** 8:00 pm to 9:30 pm

**Location:** Online via Zoom

**Cost:** Early Bird \$349.00 + HST

After Aug 1, 2017 \$399.00 + HST

**BOOK TODAY! CALL (905) 873-9393 OR EMAIL [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com)**

Cancellation Policy: Admin fee of \$50 charged for cancellations prior to Sept. 1, 2017. No refund for cancellations once program starts.