



Coaching for Professional Women

DISCOVER HOW ATTENDING MONTHLY COACHING SESSIONS CAN HELP YOU:

- Reconnect with your SELF
- Challenge your Beliefs
- Commit and Focus on What Matters
- Progress on your Personal and Professional Path
- Live on your Learning Edge
- Build a Powerful Network
- Inspire your life

Sign up today. Space is limited.

To Register Call: (905) 873-9393 or Email: info@forgecoachingandconsulting.com

Don't Miss it!

A Monthly Coaching Group for Women

Join **Manon Dulude Ph.D., PCC** for a powerful conversation each and every month! Each **monthly coaching session will introduce a new topic assured to challenge you and expand your outlook on yourself and on life.**

FORGE COACHING AND CONSULTING offers Individual, leadership and team coaching to professionals looking for tools and incentives to strategically develop goals and implement excellence.

Ground Yourself

Commit & Focus

Expand Your Outlook

Build Insight

FIRST TUESDAY OF EVERY MONTH
Next sessions: Sep 3, Oct 1, Nov 5, Dec 3
Time: 7:30 to 9:00 pm
Location: 38 Oak Street, Georgetown
Cost: \$35. 00/ Session

Introduce a friend and receive a free pass for the next session!

www.forgecoachingandconsulting.com