



# The 7-Step Series

## Free Yourself & Get Happy!

### A Series of 5 Transformational Seminars

For your very own personal *lift-off!*

#### WHO ARE YOU? WHAT DO YOU WANT? HOW CAN YOU BE THE BEST YOU CAN BE?

- ✿ We are all so unique that the only person who can know best how you will succeed in life - is you!
- ✿ This Transformational Coaching Seminar Series has been designed to help you in your journey to find out what makes you tick and how to succeed in life!
- ✿ Pick and choose the topics that grab you OR do the entire series for your very own Personal Lift-off!
- ✿ Are you ready to have fun, free yourself and Get Happy? Start here to find out how!!

#### The Seminars:

1. **7 Steps to GET SET FOR SUCCESS!**  
Take back control! Come away with a better understanding of Balance, your causes of Stress and what to do about it...
2. **7 Steps to WOW YOUR GOAL SETTING!**  
Learn to set Goals & Bound ahead in life! Come away with an Action plan for a goal you have been procrastinating over!
3. **7 Steps to BOOST YOUR ENERGY!**  
What Zaps your Energy? Adds Zing to your life? Come away with a Spring in your Step!
4. **7 Steps to BUILDING INNER CONFIDENCE!**  
Begin to feel Fabulous about Yourself. Come away saying YES! to You!
5. **7 Steps to SAYING NO!**  
Free up your time & Get your life back! Come away feeling the power of No!

If you might be interested in hosting these seminars simply email [emma@simplicitylifecoaching.com](mailto:emma@simplicitylifecoaching.com) or give Emma-Louise a call at 604-990-9068.



**SIMPLICITY  
LIFE COACHING**

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