



ISSUE 3  
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## ILLUMINATE YOUR LIFE MONTHLY NEWSLETTER

### Illuminate Your Self Workshop

**Before you get completely distracted with the Holiday Season take a little 'me' time!**

**When: Saturday Afternoon – December 1, 2007**

**There are many books and clichés around about 'nurturing ourselves' but how many of us really know what it means to look after ourselves and honor that person inside.**

**This workshop is designed to remind you that there's more to you than the hundreds of day to days tasks and responsibilities you take on. It's about making some time to consider some new ways of looking at yourself and illuminating that forgotten goddess – that one that is uniquely you and that deserves some love and attention.**

We'll look at a number of practical ways you can expand your awareness and honor yourself without unnecessarily spending money and time. We'll also discuss how to make better use of your innate body wisdom and intuition and look at emotions and physical conditions and how they can be wonderful signposts for your deep wellbeing.

Time: 3 hours

Investment: \$79

**I really hope you'll join me in a fun and casual afternoon. Please feel most welcome to invite any friends or family that you think might also enjoy it (or need it!)**

**Please call or email to indicate your interest asap**

### Refer your friends and be rewarded

**In business, the saying goes "The best advertising is word of mouth" and in my experience business coaching over the last 5 years I have found the power of referrals is huge in every type of business.**

**My life coaching business is no exception and I would like to offer my clients genuine recognition for helping me grow my business.**

**Between now and December I am offering every client a free consult for every 2 people they send my way. You can give your complimentary consult to a friend or swap it for a Christmas Gift Certificate or a relaxing massage with our sister business [Soothe Massage Therapy](#).**

**If you would like me to send a brochure or fact sheets about any particular area of interest drop me an email or sms with the details.**

**"Is there a piece missing from your life?"**

Many of us living in the Western world are searching and seeking for that missing "something". Illuminate Wholistic Coaching guides you to find the answers.

#### CLIENT TESTIMONIALS

**"Sharon has instilled confidence in my leadership and has been a most beneficial investment. She is exceptionally empowering and in indispensable asset."**

Pauline Duff  
Business Owner

#### CONTACT DETAILS

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