

Design Your Fulfilling Life Workshop

- *Are you so busy with life that you've lost track of who you are and what you love?*
- *Are you a multi-tasking octopus – work, kids, marriage, church, community - who has forgotten about herself?*
- *Are you craving connection and time with like-minded individuals?*
- *Do you feel in need of some personal adult development? Have you lost the passion for growth and experiences?*
- *Do you wonder – What next ... when kids go to college, when I am an empty nester, retirement?*

If you answer yes to any of these questions – this workshop is for you!

The Design Your Fulfilling Life workshop is for women in their 40's and 50's searching for what will bring more meaning to their lives.

- You will walk through a proven process to Designing Your Fulfilling Life. We have conducted this session for many different audiences and it *will* have an impact on you, *so don't consider coming if your life is 100% perfect in all areas.*
- You will begin to get clear on your values and life purpose. When you do this, you are able to make choices that will align and create the fulfilling life you desire.
- We will be together in a way that supports each other in our own individual journey.

The workshops will be led by: Laura Crothers Osborn, Annette Matheney and Amy Arvary (bios attached)

The **one-time introductory fee of \$45** (\$75 regularly) for the 2.5 hour Workshop includes snacks and beverages. Each session has limited space available. All you need is **a journal/notebook and your playful self!**

Please choose one of the following **dates** for your introductory session at one of our sponsor locations:

- Tuesday, April 17; 8:30 – 11:00 am location: Profit Point Consulting, Parsippany, NJ
- Monday, April 23; 6:30 – 9:00 pm location: C3 Workplace, Sparta, NJ
- Sunday, April 29; 1:30 – 4:00 pm location: TBD in Randolph

To register email: isabelle@crothershrconsulting.com as soon as possible indicating which date you will be attending. You will be sent a confirmation email, invoice and more details.

We all like chances to win – so let's have fun:

- (1) *Any participant who enrolls a friend will be entered in a drawing on May 23rd for a free one hour coaching session with the workshop leader of her choice.*
- (2) *The first person to register will receive the wonderful book "Design the Life you Love" by Ayse Birsel, which much of the workshop is based on. You can purchase the book on Amazon for \$16, if you'd like to use it as a guide and journal.*



**Design the Life You Love: A Step-by-Step
Guide to Building a Meaningful Future**
Oct 13, 2015 by [Ayse Birsel](#)
Paperback \$16.52

Presentors

Amy Arvay 	<p>Global Thought Leader, Beauty Industry Veteran, Author and Performance Coach, has transformed audiences and private clients across the globe with the secrets to breaking through obstacles and experiencing the successes they desire. As a world renowned Speaker and Performance Coach, Amy's clinical approach to healing the mind through hypnotic progression has proven to provide an immediate sense of clarity, confidence, and purpose. Amy is an entrepreneur who started Conscious Style to merge her 24 years in the professional beauty industry with her professional success in field of personal development. She provides an experience that allows participants to feel beautiful on the inside as well as the outside. Over the last 3 years she has expanded her practice to coach individuals and leaders from all across the globe. Amy's passion for manifesting a positive life is contagious. You can find her children book, "The Magic Box: A Hypnotic Bedtime Story" on Amazon.</p>
Annette Matheney 	<p>An accomplished and vibrant HR professional with a proven track record of internal structuring, recruitment, development and program management. With over twenty-five years of experience in human resources, education, and social services, Annette has created partnerships in the public and private sectors, profit and non-profit social service agencies. Annette has utilized her diverse background as a skilled educator, program manager and HR specialist to design and implement programs in the traditional brick and mortar setting, web-based training initiatives, workplace seminars, counseling and mentoring programs for both employees, managers and students analogously. Annette strongly believes in helping women gain clarity on their life purpose and vision.</p>
Laura Crothers Osborn 	<p>A consultant, coach, author, speaker, entrepreneur and human resource expert who started Crothers Consulting in 2010 to control her work / life balance after 20 years as an HR Leader working 60 hours a week in corporate america. Laura's life purpose is to connect people so that they can gain clarity. Connecting the dots, connecting people for networking, connecting leadership with their deliberate leadership practices, and always connecting deeply personally and professionally. In addition to her successful boutique HR practice, Laura chairs several monthly CEO roundtables and women's groups in addition to coaching dozens of clients on their journey for personal and professional fulfillment.</p>