



Dr. Diane Albano is a highly skilled, certified professional coach and a Life Mastery Consultant.

As a parent, teacher, and leader, Diane's passion is to partner with others to inspire and support individuals who are committed to making a difference in their lives. Her focus is to promote better health and wellness, improved relationships at home and at work, and to have the time, money and freedom to live a life you love.

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***What will make this year **different** for you?  
See results in 2018!***

***Join us for a Vision Workshop:  
Sunday, January 28<sup>th</sup>, 2018***

***3:30 – 5:30 pm***

## ***“It’s My Turn”***

### ***Three Strategies to Accelerate Your Results***

In this dynamic workshop, you will have an opportunity to define and experience your dream for turning your greatest possibility into your reality.

You will learn:

- ✓ Two essential keys for tuning into your purpose.
- ✓ Simple thinking-strategies that will guard you from fear, doubt and worry.
- ✓ How to override the number one factor that causes people to lose steam when going after a dream, and how to stay motivated.
- ✓ The one critical block you must give up in order to reach your dreams.
- ✓ Take away action steps for the next six months.

***Join us at Short and Stout Tea  
1736 Western Avenue, Albany, NY 12203***

***Registration fee: \$20  
Complimentary tea and cookies!***

***Seating is limited:  
Pre-register by January 25th, 2018 to save \$5 on the registration fee. To reserve your seat, call now or pay through PayPal at  
[www.aleaderinyou.com](http://www.aleaderinyou.com)***