

March 2008

Dear Colleagues and Friends:

In August of 2007, I transitioned from employee to small business owner as a Certified Life Management & Career Development Consultant, under the business name *Sunflower Transitions-Consulting*. What an exciting and fun five months!

The purpose of this letter is threefold. 1). To share my vision with you. 2). To ask you to help me spread the word and build my business by bringing this wonderful tool to help people. 3). To ask for clients and/or referrals.

The Vision – Clients seek answer 3 questions: *“Who Am I/We?” “What Am I/We About?” “Where Do I/We Want To Showcase My/Our Assets?” Sunflower Transitions will help you FIND YOUR FIT!! Sunflower Consulting is committed to the empowerment of its clients by planting seeds of hope providing relevant life and career tools and information, enabling clients to “learn effective coping skills, to grow through transition and to bloom where they are planted”.*

Life Management Coaching (What is it)? Behavioural Life Coaching is based upon the Saskatchewan New Start Model of Life Skills Training. This model describes *Life Skills precisely, as problem-solving behaviours appropriately and responsibly applied to the management of one’s personal affairs*, identified as SELF, FAMILY, JOB.EDUCATION, COMMUNITY AND LEISURE. The Saskatchewan New Start Model is a well-researched model of experiential *life management* learning and is designed to meet the following needs:

- Promote yours or your organization’s self-awareness and prepare to communicate more effectively, resulting in enhanced self-confidence and empowered choices
- Strengthen yours or your organization’s ability to deal more effectively with personal and employment related issues in the workplace, thereby reducing the incidence of termination from employment and large employee turnover in the workplace

So what’s in it for you?”

- *New to Canada (or not) – Tap into the Calgary job market with a relevant resume!*
- Be empowered to see a new skyline on the horizon, as you explore new goals and learn to shift old paradigms in order to embrace and brainstorm new options for your life
- Strengthen your personal identity and build your self-confidence
- Tune into your own authenticity mentoring clients as they tune into the authenticity and natural beauty of their own unique skyline when they change their perspective of the view ahead
- Learn to prioritize your values and beliefs in order to gain a clearer vision and focus to your existing situation
- Motivate yourself, brainstorm, strategize and set goals to achieve what you really want.

Call today. “Try it on for size!” As a special introductory offer new clients receive a 90-minute Introductory Sample Coaching Session **FREE!** *This offer does not include resume preparation.*

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