

Improve Your Life from the Comfort of Your Own Home or Office

The following are 55 minute teleclasses. The format of these teleclasses is a combination of teaching concepts and tools for life improvement, as well as group discussion and application of the concepts. Each teleclass is offered twice – once on Wednesday and once on Saturday. There is a \$10 charge per class. Upon registration you will receive a call-in number for the class.

ONLY 12 SPOTS AVAILABLE FOR EACH CLASS!

Register prior to class by email Coachkaren@comcast.net or calling **303-987-5957**.

TOPIC	DATES	DESCRIPTION
ABS of Steel: Attitudes, Beliefs, Self Confidence	Wed. 3/15 6:30pm Sat. 3/18 9:00am	Strengthen your Attitudes, Beliefs, and Self-Confidence to empower your life
Mastering Procrastination	Sat. 4/15 9:00am Wed. 4/19 6:30pm	Learn how to use procrastination to serve you, and how to eliminate it when it doesn't serve
Heart-Pumping Goals	Wed. 5/17 6:30pm Sat. 5/20 9:00 am	How to define goals in a whole new way to create inspiration and motivation for success
The Flywheel of Success	Sat. 6/17 9:00am Wed. 6/21 6:30pm	Six steps to generate and maintain momentum for your goals
Relationship Success	Sat. 7/15 9:00am Wed. 7/19 6:30pm	Simple steps for improving business and personal relationships
Raising the Bar	Wed. 8/16 6:30pm Sat. 8/19 9:00 am	How to set new standards for yourself and teach others how you wish to be treated
Be Unstoppable	Sat. 9/16 9:00am Wed. 9/20 6:30pm	A powerful tool to help you stay calm and focused, even when the world rages around you
Give Up on Willpower	Wed. 10/18 6:30pm Sat. 10/21 9:00 am	Tips for using environment, rather than willpower, to get things done
Sailing Through the Holidays	Sat. 11/18 9:00am (no Wed. date)	Tips from a Life Coach and Professional Organizer on how to make the holiday season more joyful and relaxed

Presented by Coach Karen Van Cleve

For questions on the teleclass format or any topics, call **303-987-5957**

Visit Karen at www.KarenVanCleve.com

Upcoming Public Speaking Engagements
Coach Karen Van Cleve
303-987-5957

February 16, 2006 9am – Noon Colorado Office of Economic Development
1625 Broadway, Suite 820
Denver, CO

Topic: The Art & Science of Running Your Business: Entrepreneurs Toolkit to take you from Surviving to Thriving

With fellow presenters Lillie Ben, Steven Owens, Timi-Kay Kinsey, and Greg Livin

February 16, 2006 6:30pm – 9:00pm A Night for Change
1975 S. Garrison St.
(Our Saviors Church meeting room)
Lakewood, CO

Topic: A Simple Answer for Your Complex Life

With fellow presenter Will Matthews with “Understanding The Power Principles: ‘Selection, Connection, Direction and Projection’ Reactivating Your Strengths for Near Term Turnaround and Long Term Performance”

May 1, 2006 6:30pm – 9:00pm National Association of Professional Organizers
1301 Wazee Street, Suite 100
Denver, CO

Topic: The Balancing Act for Organizers: How to be self-employed AND have a life

For details on upcoming events or to book Karen for your organization, call 303-987-5957.
