



Rev. Barbara Soliman, MCHT, CHT, CSMC, RMT

Dynamic Empowerment Through Enlightenment, Realization & Health
LIFE, PROFESSIONAL, & SPIRITUAL COACHING

Enhanced by the Creative Utilization & Teaching of Expert Bilingual Life Enhancing Tools
Master Level interventions in Hypnotherapy, Reiki, Sacred Geometry,
Metaphysics, Sound, Crystals, Essences, & Other Energy Healing Systems

*"... IT IS HAVING THE GUIDANCE, TOOLS, & KNOWLEDGE
TO HANDLE CHALLENGES UNDER ANY CIRCUMSTANCE IN LIFE
WHILE REMAINING IN CONTROL, CENTERED, & IN PEACE ...
MOST OF ALL, TO BE ABLE TO ENJOY THE TRIUMPH OF YOUR SUCCESS."*

Get it together to Succeed!

WOMEN'S COACHING SERIES

Objective:

To offer the tools and interactive training to allow participants the chance to grow in all aspects of their life in the course of 8 weeks.

Goal:

By becoming stronger, more resilient, stress free, and in control, a person can lead an optimum life, perform better and more efficiently at work, and be able to lead by example.

Process:

Participants will attend a one and a half hour session once per week for eight weeks at the hospital (pending final site approval) right after work. They will receive interactive training, assessments and worksheets, weekday empowerment tools, weekly personal and private e-mail sessions (two per week/participant), a pre and post evaluation of intervention. Also, participants will be able to attend a half hour Live Webinar Complementary Presentation on related topics as listed.

Participants will be able to belong to Get It Together to Succeed! WOMEN'S COACHING SERIES GROUP offering the chance to further interact with group in a private interactive setting. Each can have their own page, and interact with each other through chats, blogs, document sharing, posting news, events, etc.

Offering:

*A time of recovery... from a woman's daily hectic life.
A time to SUCCEED above their everyday challenges and grow.
An excellent period to acquire the knowledge and tools to:*

- Assess their life experience
- Share issues with other women, co-workers and colleagues
- Find solutions to common issues
- Be given tools to deal with different situations
- Map out their goals and aspirations
- Learn how to be more effective at work, home, and play
- Feel empowered to perform at an optimum level in all areas of life
- Deal with the stressors in their experiences in new and creative ways

Get it Together to Succeed! • Women's Coaching Work Group • www.succeedwithrevbarbarasoliman.ning.com

Barbara Soliman, MCHT, CHT, CSMC, RMT • 305 788-4360 • solimanb@aol.com • Page 1 of 3



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WOMEN'S COACHING SERIES

Women's Coaching Work Group Setup

Group Size: Limited to 12 Participants

Meeting: Twice Weekly

Day One: **TUESDAYS: Eight Weeks to a Better Me**
Interactive Onsite Weekly Series 1 to 8 Covering:

Week 1	In-Depth Assessment
Week 2	Becoming a Problem Free Zone
Week 3	Creating Balance
Week 4	Effective Time Planning for ME
Week 5	Taking the Road Less Travelled: Tools for Personal Growth
Week 6	Making a Difference
Week 7	Focus On Creating Positive Change
Week 8	Achievement Ceremony

Duration: 6:00 pm to 7:30 pm **Location:** TBA

Day Two: **THURSDAYS: Complementary Topics**
9:00 pm – 9:30 pm Interactive Live Webinar (Join from the comfort of your home)

Week 1	<u>Claim Your Personal Power</u>
Week 2	<u>Don't Take Things Personally</u>
Week 3	<u>Flexible People Don't Bend Out Of Shape</u>
Week 4	<u>Choosing Forgiveness</u>
Week 5	<u>Developing Gratitude</u>
Week 6	<u>Pursue Your Passion</u>
Week 7	<u>Taking Back Control</u>
Week 8	<u>Recap of Series and Success Stories</u>

E-mail & Support: - Two private e-mail communications are allowed per person in group per week

- Get it Together Weekday's Empowerment E-Mail Containing:

- Short empowerment quote
- Thought to ponder on
- Tip to incorporate in experience

- Participation at Group Network for sharing, chatting, exchange of experiences and overall growth at www.succeedwithrevbarbarasoliman.ning.com

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WOMEN'S COACHING SERIES

Pricing

Get It Together to Succeed!

Women's Group Coaching Series

Two Month Extraordinary Interactive Series

Total: \$525.00 per person

Miami Children's Hospital

Employee and Families Discounted Rate

Two Month Extraordinary Interactive Sessions

Total: \$250.00 per person

- Credit Cards Accepted
- Pending Final Approval Employee Deduction
(for your convenience, deduction could be taken bi-weekly over the two month period)

A Generous Portion of Proceed To Benefit Miami Children's Hospital Foundation

Contact Information:

Rev. Barbara Soliman
MCHT, CHT, CSMC, RMT

**Dynamic Coaching in Addition to Utilization of
Alternative Modalities & Training to Fully Enhance
Your Personal, Spiritual, & Professional Development**

- Enhance Relationships at all levels
- Learn to Utilize Joyful Living Tools
- Enhance Your Spiritual Development
- Motivational Career & Presentation Skills
- High Creativity & Success Driven Goal Achievement

Certified Master Hypnotherapy Trainer
International Association of Counselors and Therapists

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