



New Year, New You !

What would it look like if 2010 were the best year ever for you ?

Are you ready to create a plan to make it happen ?

Join coaches Jayn Krasco Stillson and Karen Hodges for a half-day workshop where we'll nail down your vision for a "New You" and refocus your money energy to support that vision. You'll come away with a new excitement for 2010 and sweet, small steps that you can take immediately to create the life you've always dreamed of.

Jayn Krasco Stillson is a Personal, Business, Financial and Golf Coach and Consultant. Her mission is to provide guidance, encouragement and support to women as they move past the internal dialogue that limits their success. She'll guide you through a tender look at your thoughts and behaviors with your money and help you design authentic actions to fund your new life goals. Visit www.Jaynyk.com to learn more about Jayn.

Karen Hodges is the "Adventures to Transformation" (TM) coach and owner of Synthesis Coaching. Karen is a certified personal and business coach who works with individuals and groups to grow through change and transitions with grace, clarity and ease.

Give yourself the gift of a "New You" for 2010. Expect to leave this interactive and fun workshop with a new, positive energy around your money as well as a self-designed game plan for reaching all of your goals.

Where: The Edward King House, 35 King Street, Newport, Rhode Island (www.heedwardkinghouse.com)

When: Saturday, January 23, 2010 1:00 pm - 5:00 pm.

Cost: \$ 50.00

Early Bird Registration: Reservations are required. Book by December 15, 2009 for a 10% discount.

To Register: Call Karen at 410-789-2140 or register online at www.synthesiscoaching.com.

Gift certificates are available. Treat that "special someone" in your life to their best year ever !