

Coffee and Coaching

Discover Your Path to a Great 2010!

Kentucky Coaches Alliance, the Kentuckiana chapter of the International Coach Federation, is celebrating **International Coaching Week** with a free coaching event entitled “**Coffee and Coaching**”. The event is hosted by **La Vida Java** in Westport Village. Participants will have a complimentary coaching session with a professional coach on the focus area of their choice, personal or professional.

You are likely to benefit from this free event if any of the following are true:

- ❖ Your life or career is in transition
- ❖ You are uncertain of the best path to achieve your goals
- ❖ You want to overcome a rut or roadblock
- ❖ You are looking for more fulfillment and less stress in your life
- ❖ You'd like to improve interpersonal relationships
- ❖ You want to reorient your thinking or adjust your priorities

Date: Tuesday, February 9th

Time: 5:30 – 7:30 pm

Location: La Vida Java
Westport Village, 1301 Herr Lane

To Inquire or Register:

email info@kycoaches.com

(pre-registration recommended, not required)

