

Turmoil to Tranquility

Get there with Group Coaching...

Are you an adult who...

- feels overwhelmed at the end of each day?
- is unable to focus on what's important?
- feels like you never accomplish enough?
- has ADHD or ADD and needs a new resource?
- needs help getting organized and managing time?

Ready to move from Turmoil to Tranquility?

You are invited to join **Laura Rolands**, an Attention and ADHD Coach, in a thought provoking and creative program addressing attention-related challenges with ongoing coaching support.

When Thursdays (6 weeks); 8:00 - 9:15 p.m. EST
March 25 - May 6, 2010 (no meeting April 8th)

Where via teleconference

Cost \$48 for the 6-week session***

***** \$16 discount from our regular \$72 program*****

LIMITED TO 8 PARTICIPANTS, Register Early!

**Register right NOW at www.MyAttentionCoach.com OR
call 248-251-4006.**

Laura Rolands of LSR Coaching and Consulting, LLC, partners with adults, children, parents, families and groups to establish client directed action plans and accomplish clear goals. Her clients have either been diagnosed with ADD or ADHD or are facing other attention-related challenges. Learn more at www.MyAttentionCoach.com

