



JumpStart your
Success in 2009

with our

NEW!

Group Coaching
Series

Add a new dimension to your medical weight loss program with this life-changing six-week Group Coaching Series led by professional life coach Barbara Wilson.

We all know that managing weight isn't just about *what* we eat; it's also about *why* we eat. For virtually everyone who struggles with weight, other aspects of their lives crave attention as well. For most people, the issues aren't clinical, so you don't need a therapist to help you work through them. What you need is a coach to help you move beyond them ... just like everyone else who's ever achieved great success from movie stars to Olympic athletes, from business leaders to super models.

The purpose of coaching is to help you get from where you are to where you want to be.

While Dr. Figueroa and Sherri Morrison serve as your nutrition and health coaches, they recognize there are other aspects to achieving the life of your dreams. So they have invited Barbara Wilson, Founder of APEX Coaching, to offer our patients this powerful success support program. Barbara is not only a coach to dozens of individuals from northern Maine to southern Florida, but she also teaches the Fundamentals of Coaching certificate program at USF and USM.

More than simply a support group, this 6-week series will introduce you to *The Success Principles* by Jack Canfield, co-author of *Chicken Soup for the Soul®*. Using his 64 principles, this structured, engaging process will offer a straight-forward, step-by-step roadmap to help you achieve your goals. (See the other side of this sheet for more details about the program.)

Whether your only focus is losing weight, or if you're looking for greater satisfaction in other areas of your life, this low-cost 6-week commitment will jumpstart you on your path to success.

Pre-registration and prepayment is required so you can receive your program materials and complete the pre-reading prior to the first session.

Program fee ... includes all course materials.

Success by Design program participants \$45
Others - not currently participating in Success by Design\$90

Program dates Mondays, January 5 - February 9

Daytime group 10:00-11:30am

Evening group 5:30-7:00pm

**Each group is limited to 12 members.
SIGN UP TODAY to reserve your space in this powerful program.**

AP₃EX Coaching

Achieve your Potential for Personal and Professional EXcellence



“The principles always work if you work the principles.”

Jack Canfield, co-author of
Chicken Soup for the Soul® and
The Success Principles™

In our Success by Design Group Coaching Series you will learn...

- ◆ How you can change the outcome of any event, simply by changing your response to it
- ◆ How to access powerful mentors and friends who will open doors for you
- ◆ How to complete past projects, heal past relationships and process old hurts, so you can embrace the future
- ◆ How to prepare and be instantly ready when opportunity comes knocking
- ◆ How to implement the unique time management system that insures you'll have time to focus on success
- ◆ How to say “no” to the good, so you'll have room in your life to say “yes” to the great
- ◆ How to ask for and get everything you want...from people who can give it to you
- ◆ Why you should drop out of the “I can't do it” Club and instead surround yourself with successful, positive and nurturing people

Session 1: Getting Started

Session 2: Unleash the Power of Goal Setting & Release the Brakes

Session 3: Release the Brakes

Session 4: Taking and Sustaining Action

Session 5: Taking Action to Get What We Want

Session 6: Building Self-Esteem and Stronger Relationships

Individual coaching also available

**For more information call Barbara Wilson
727.954.5927**



APEX Coaching is a division of Acorn Learning and Development

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Sowing the seeds of success