****

**Executive Training, Life Coaching Consultant, & Mindfulness Teacher**

***‘Positive Mindset Workshop’***

**Motivational, Inspirational, Educational & Fun**

**What’s Another Year?**

**20/20 Vision**

**Learn Techniques to Handle Anxiety & Stress**

**Plan Realistic & Achievable Goals**

**Turn Thoughts and Dreams into Positive Actions**



***Oak Centre***

***Maynooth Road, Dunboyne***

***Sunday January 5th 2020***

***2.00pm to 5.00pm***

***Admission €50.00***

***Eventbritehttps://www.eventbrite.ie/e/positive-mindset-workshop-tickets-85078645519***

***To find out more call Marian 087 6359787***