



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

Eventbrite <https://www.eventbrite.ie/e/positive-mindset-workshop-tickets-85078645519>

To find out more call Marian 087 6359787

