

BREATHLESS

SPARKLING WINES PRESENTS



STEPPING INTO 2018 WITH JOY & MEANING

A 3-Part Workshop Series at Breathless Winery

PART 1 ENVISIONING A NEW YEAR WITH JOY & MEANING

What do I want to create in 2018?

Values exploration (identifying what's most important)

What steps can I take to get me there?

PART 2 CREATING FULFILLING RELATIONSHIPS

What's important to me? (dive deeper into values)

Engaging with others: Levels of listening and communication

What steps can I take to build more fulfilling relationships?

PART 3 CULTIVATING GRATITUDE & COMPASSION

What's going on and how can I look at it differently?

Explore how I can feel more compassion for myself and others

What steps can I take to welcome gratitude and compassion into my life?



WHEN Third Thursday of each month, 6–8pm

Part 1: January 18 | Part 2: February 15 | Part 3: March 15

WHERE Breathless Wines Tasting Room, 499 Moore Lane, Healdsburg

COST FOR PARTICIPANTS 3-Part Series: \$135 per person

(includes monthly group video calls to check-in between workshops)

Individual Workshop: \$50 per person

REGISTER HERE <https://www.eventbrite.com/e/stepping-into-2018-with-joy-meaning-3-part-workshop-series-tickets-40193361426>

BREATHLESS WINES 707 395 7300 BREATHLESSWINES.COM 499 MOORE LANE, HEALDSBURG



VAL JENNINGS, CPCC

Val partners with clients seeking to maximize their performance. She has worked with clients at Bulletproof, Cisco, Facebook, Checkr, Uptake, Cloudera, and The Rwanda School Project. Val's business experience includes 20+ years working in high tech, managing large, complex, global teams.

Val provides one-on-one coaching and team workshops in a safe environment, where clients get clear on what they want, and then create actionable plans to chart a path towards their goals. A working mom throughout her career, Val is inspired to help clients find strategies for joyfully juggling parenting, careers, and self-care.

TO LEARN MORE

val@howdoyoumanage.com | 707.217.7660 | www.howdoyoumanage.com

QUALIFICATIONS

BS Human Development—University of California, Davis

Certified Professional Co-Active Coach (CPCC)—Coaches Training Institute (CTI)

Emotional Intelligence practitioner EQi-2.0—Multi-Health Systems

Certified StandOut Strengths Coach—The Marcus Buckingham Company

Hermann Brain Dominance Instrument (HBDI)—Certified practitioner



DEBRA LAMFERS, CPCC

Debra coaches teams and individuals throughout the U.S. and internationally. A partial client list includes SurveyMonkey, Charles Schwab, Petaluma Health Center, The United Nations, and numerous founders of small-to-medium sized companies. Debra's business background also includes 20+ years' experience as a founder and CEO of a branding and design firm.

Debra values building coaching relationships grounded in listening, respect, curiosity, and clear communications to empower clients to create work and lives they desire.

TO LEARN MORE

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QUALIFICATIONS

BFA Journalism—University of Kansas, Lawrence

Certified Professional Co-Active Coach (CPCC)—Coaches Training Institute (CTI)

Associate Certified Coach (ACC)—International Coach Federation (ICF)

Certified Professional Money Coach—Money Coaching Institute (MCI)