

Coming to beautiful Flagstaff, AZ as part of the "Creating Your Best Life" series

Join an intimate group of 30 dynamic women for a day-long retreat at the Kilted Cat at Thornager's. Together, we will lay the groundwork for dynamic relationships in business and life.

Women's Leadership Retreat
February 28, 2016
9am-4:30pm

Reflect. Connect. Rejuvenate.



Effective Conversations and Dynamic Relationships

In Business and Life



Julie Lancaster, CEO of Lancaster Consulting

Would you like to be more skillful in having "difficult" conversations?
Do you want strength in both: empathy and assertiveness?
Would you like to better motivate and connect with people?
Would you like to communicate expectations in a way that gets results?
Would you like to have those who matter most in your life feel fully appreciated and valued?
Would you like concrete tools to increase your emotional intelligence and results in your social and work lives?
Would you like to deepen your relationships?

Additional breakout sessions:

If this is your first retreat:

Goals assessment and action plan creation

If this is your second retreat:

Tune-up on your goals: concrete strategies to get you there

has provided training to nearly 8000 participants around the globe. Julie provides leadership development programs, success coaching, and retreats to lead clients toward their personal and professional goals.

Price: \$197.

FREE to all attendees: A healthy and delicious lunch, an individual gift certificate to a 50-minute massage, a yoga class, and more!

Spaces are limited

Register at www.LancasterLeadership.com
for questions: Julie@lancasterleadership.com

a portion of the proceeds will go to Flagstaff Shelter Services



GreenStone
Therapy