

Katie  Smith

# A NEW WAY OF BEING: BODY, MIND AND SPIRIT

This intensive 3 month program series fuels professional and personal growth by bringing a small group of individuals together to learn exercises that incorporate body, mind and spirit to help integrate this new way of being. These exercises can be quickly integrated and practiced.



**KATIE B. SMITH, PCC**

Katie is an Executive Coach, Author of *Be Happy Now* who believes that seeking to uncover and align with our authentic selves is vital to our becoming the best leaders we can be. Clients often comment on her unique ability to help them identify tangible goals with personal and professional meaning, allowing them to experience more freedom, higher income, greater business results, and greater peace of mind.

## DATES

**2018**

Sept 12 & 26

Oct 10 & 24

Nov 7 & 28

## COST

\$648 for 3 months

Meet 2x a month

for 1 hour

6-12 participants

## LOCATION

Zoom Meeting Room

Recorded Calls

&

Communication

between calls

## REGISTRATION

To register,

contact Katie @

303-955-0367 or

Katie@KatieBSmith.com