

The Art of Being in the Flow

Dates: October 9 - November 13, 2019

Time: 6-7pm MT

Cost: \$198 – Register by 10/31 | \$225 after 10/31

To Register: <https://bit.ly/ArtBeinginFlowFall2019-EB>

Exclusive group (6-12 participants)

Registration is required.

This **fun-filled six-week series fuels professional and personal growth** by bringing together a small group of individuals to create a practice of living in the flow and learn simple tools for creating your desires.

Combining the power of coaching conversations with the gift of peer support, you experience tremendous insights that can quickly be integrated and practiced.

- **Strengthen** your practice and **confidence** in yourself
- Flow through the **holidays stress free and happy**
- Keep your **frequency positive** and witness how this attracts good in your life
- **Co-Create** with other amazing people
- Walk away with worksheets and tools to **support your practice**

The Art of Being in the Flow was just what I needed to Relax, Refocus and Re-energize! Katie's approach helped me set a vision and she supported me through moving from information and data into trusting my intuition. The class provided many practices that have been easy to incorporate into my daily routine. I highly recommend this class to anyone who wants to set and achieve new goals and desires.

Jean Pahlke, Change Management Consultant & Coach

Katie B. Smith 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.

