

# Have the Time for Your Life!!



*A workshop to help you organize  
your time and your life.*

- Do you wish you had a few more hours in each day?
- Do you waste too much time looking for things?
- Do you feel overwhelmed by paper and "stuff"?
- Do you often feel drained at the end of the day?
- Are you constantly reacting to life?

If so then join Life Coach, Stacey Vicari for an inspirational approach to time management. Stacey has helped hundreds of clients gain control over their time by teaching them simple, proven strategies. Learn how you can take charge of your life and your schedule!

#### **This workshop will help you:**

- Deal with email and mail overload
- Handle interruptions
- Learn how to sort, purge, and organize your "stacks"
- Get uncluttered
- Overcome procrastination
- Say no and set boundaries
- Plan your week and your day
- Create time for your priorities
- Set short-term goals
- Learn to be more present in your life

Saturday, January 30, 2010 • 9:00 am - 4:00 pm  
The Baptist East/Milestone Wellness Center

\$199 • Class size limited  
(Corporate group discounts available)



ideal life

plan it. live it. love it.

To register, call 502-459-8565 • MyIdealLife.com

Stacey has been coaching clients for over eight years. A primary focus of her work is helping them simplify their lives to include better time management, organization and prioritized living. She is featured regularly in the media. You may have read about her in *Business First*, *The Courier-Journal*, *The Voice Tribune*, *Today's Woman*, *Louisville Magazine* and *Vegetarian Times*. She has also appeared on WFPL, WHAS news, WAVE 3 Listens, and is a regular guest on the popular "Terry Meiners Show", 84 WHAS Radio.