

# FOCUSED 40<sup>®</sup>

## Forty Lunchtime Minutes to enrich your relationship to life and work

Spring is bustin' out with new insights, energy, and opportunities to review and renew the areas of your life that need a fresh start. Join life coach and author

**Marilyn Taylor**

**of Confident Directions Life Coaching**

for lunch and an inspiring Focused 40 talk.

Noon to 1 pm  
(program: 12:10 to 12:50)

The Loft (so sunny and bright!)  
at Red Barn Coffee Roasters  
20 Worcester Road, Southboro

**\$25.00 for lunch and talk**  
**or \$65.00 when you register in advance**  
**for all three (by Tues., March 22)**



Confident  Directions

Drawing on her over 30 years in the field of wellness and human potential, Marilyn is masterful at creating an environment that optimizes change with insights, tools, and knowledge that are accessible and empowering.

“A savvy, soulful and down-to-earth presenter.”  
—A. L., Worcester

**Thursday, March 24, 12–1 pm. Register by 3/22**

### **7 Habits of Happiness**

Although our national wealth has been steadily going up since the 1950s, reported levels of happiness have stayed the same and even dipped some here and there. What really makes us happy? Learn more about the Science of Happiness and see what habits might put some Spring into your step!

**Thursday, March 31, 12–1 pm. Register by 3/29**

### **Radical Renewal<sup>®</sup>, Taking the Reins of Our Runaway Lives.**

If you feel like your life is running you rather than you running your life, it's time to take the reins and get back in control. Our lives are a reflection of our choices: what we value, what our priorities are and how we spend our precious time.

**Thursday, April 7, 12–1 pm. Register by 4/5**

### **Skills and Strategies to Sustain Your Energy at Work and at Home.**

Our daily habits create a powerful foundation for our well-being—body, mind, and spirit. Learn what new habits you can incorporate into your day... from neuroscience, powerful coaching principles, and the field of mindfulness that reduce stress and energize your relationship to your life.

**Space is limited — Register at [confident-directions.com](http://confident-directions.com)**

APPLY COUPON FOR DISCOUNT



**Lunch provided by Red Barn**  
**(salad, sandwiches, dessert)**