

Career Transitions and Change Your Mind team up to bring you a dynamic new seminar

Career *Transitions*

Let Deeta and Teri Coach You to

Create The Next Chapter In Your Life

They will guide you through a process to increase your ability to make practical, creative and intuitive decisions to realize your career and life dreams. In this highly interactive seminar, you will:

- Review where you are now
- Clarify your vision for the next chapter
- Identify where you get stuck
- Develop your strategy to get results

Discover your personal intuitive style: verbal, visual, kinesthetic or sense of knowing. Learn how to do an instant, intuitive self-check to confirm each element of your new chapter. This assures you move forward in the right direction.

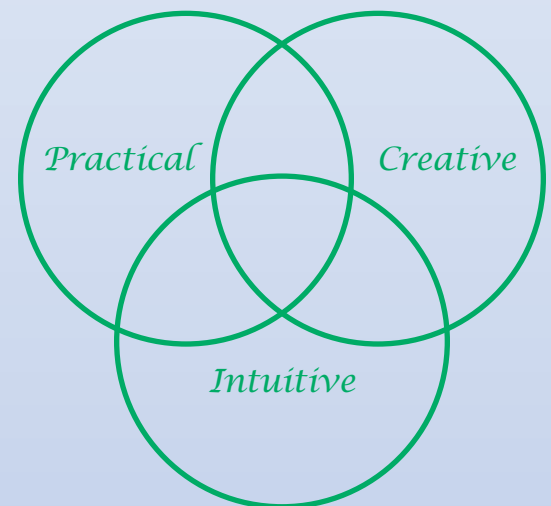
When: Friday, June 17, 2011, 6:00 p.m. – 9:00 p.m.
Saturday, June 18, 2011, 9:00 a.m. – 6:00 p.m.

Where: Career Transitions
2600 Denali Street Suite 430, Anchorage, AK 99503

Cost: \$459 per person.
Register with one or more friend(s) and each pay \$399.

Call **907.274.4500** for information and registration.

**CHANGE
YOUR
MIND**
Life
SuperSleep®



To provide strong support for your changes, follow-up coaching packages are available to seminar participants at discounted rates.



Teri Mahaney, Ph.D.

is a results oriented life coach. She is a leading expert in brain states. Her exciting discoveries are helping people change their lives and revolutionize their performance. She has been studying, experimenting with and teaching about the brain for over 20 years. In 1985 she discovered the Change Your Mind SuperSleep® method – a dramatic breakthrough in brainwave technology. Her

private clients are from all walks of life ranging from NBA and NFL players to underachieving workers and students to people seeking balance and inner peace. She is known for her depth of knowledge, intuitive insights and clarity, and the ability to get to core issues quickly. Visit her website: www.changeyourmind.com



Deeta Lonergan, M.Ed.,

Career Development Facilitator Instructor, Certified Sports Counselor, is a strategic coach, career counselor, trainer and facilitator focusing on empowering individuals and organizations to thrive during transitions. She championed the development and delivery of career counseling services in Alaska. She guides and supports individuals to clarify their vision, identify and achieve personal

and professional goals, devise strategies to get results and move through obstacles, difficulties and procrastination. Her coaching clients include executives, managers, athletes, entrepreneurs, paraprofessionals, students and individuals seeking balance, fulfillment and clarity. Visit her website: www.careertransitions.biz