

ReAwaken Your Joy!

Reclaim Your Lost Joy: 90-Days to *Jump-Start* your feelings of appreciation and satisfaction in life!



Calling all **GROUPS** of friends,
business leaders and
organization leaders!

Why would you consider group
coaching?

Small, interactive group coaching is greatly beneficial in so many ways! There is a dynamic within groups that enhances what I can give you as an individual coach.

The time we share together working on your integrative exercises and weekly lessons, leads to some amazing aha moments! When people work together in groups and listen to the interactions and questions in the group, it allows for so much more application in the individuals' lives.

Words don't teach, only life experience teaches. ~Abraham-Hicks

With so many perspectives and life experiences to draw from, the co-creative process is exponentially expanded! Questions arise that may be brewing in someone's mind who just can't put it into words. Yet, as they participate in a discussion and hear someone in the group express it precisely, the light bulb flips on! They have made the connection from their own life experience and the resolution is applied.

Small group coaching creates an atmosphere among the members of camaraderie, connectedness, support, admiration, attentiveness, understanding, genuine affection. We are human beings in need of community and connection. We are relational beings who thrive when we grow together in groups!

Who might participate in group coaching?

GROUPS OF FRIENDS: If you have friends that are ready to make the leap into a more joyous, fulfilling, and satisfying life experience, let's get the results you are seeking. What a great way to grow together!

Close friends that enjoy rich relationships and are anticipating more from life, can gather together with group coaching. It can be a fun learning time!

You may want to create a weekly study night that allows you to experience the program together. Make it a potluck dinner or wine and hors d'oeuvres. Anything that will create an environment of relaxation and good feelings! Then, when we come together on the Q&A calls, the participants direct the conversation however the group chooses!

GROUPS OF RETIREES: What a fantastic time to be alive! Our Wisdom-Years are the most fun when we are involved in group activities! If you and your friends or your organization of retirees are looking to get the most out of your Wisdom-Years, consider group coaching!!

You have the freedom to get together during the week, you have the freedom to volunteer, you have the freedom to be a mentor, you have the freedom to start a business or organization or anything else that suits your fancy. You have so much to give as you have lived amazing lives of courage, growth, and professionalism. This is the time to give back but you may be stuck in not knowing what you want to do or how to go about feeling fulfilled.

When you retired you thought it would be so great but you may be feeling a bit overwhelmed with too much time on your hands with nothing meaningful to do. Let's fix that with group coaching! We'll discover what you'd really love doing and feel the thrill of life again!

BUSINESS LEADERS: If you would like to take your business to the next level, it may be that your managers, team leaders, and employees need to come together for coaching. When customer satisfaction is higher because your employees are happier and more productive, it will allow your business to soar!

When your staff is happier it results in greater customer service satisfaction, sales increase, word-of-mouth advertising increases, employee turnover is reduced and sick days may, also, be reduced.

It's not just about coaching for your *leadership or managers*. We *do have* a specific executive leadership/management group coaching similar to this, but includes 10X the value with our executive coach. *Your employees need this coaching, too.* They are the foundation of your business structure and if they are not happy, ain't nobody happy! But, you probably knew that already. Let's get them happy and feeling fulfilled in their positions and outlook on life! Win-Win-Win!!

ORGANIZATION LEADERS: If you have a non-profit organization and it is not running as smoothly as you would wish, you may want to examine your staff and volunteer satisfaction level. Survey your staff and volunteers and ask them about their happiness-factor, satisfaction, and level of fulfillment.

Working for a non-profit or religious organization can be very stressful. Every penny counts and there is always a push for fundraising. If your staff and volunteers are stressed out and not functioning at their optimum, you may want to invest in group coaching.

Happiness and satisfaction in life can make a huge difference in how efficient your staff and volunteers function within your organization. Happy people make for great fundraiser promoters! Happy people attract people happy to give!

Continue reading for a description of what your group may experience from a holistic approach to life and wellness coaching. ReAwaken Your Joy is the curriculum for one-on-one and group coaching.

We all want to feel good! **We all want to feel happy, alive and ready to jump out of bed in the morning!**

So, notice how you're feeling right now. Are you stressed out and miserable, sick or in pain? Overwhelmed with your chaotic life? Has your passion and fire fizzled?

Or, are you simply bored with life and ready to reawaken your happiness, clarity and aliveness?

Hi, I'm Mary Ann Pack, your Holistic Life Coach!

I have to tell you **I haven't always been a happy, healthy person.** Quite the opposite! I had lost all joy. For years I was I was angry, irritable, and the queen of complaining. Stressed to the max, I couldn't seem to get along with anyone.

Does this sound like yourself or someone in your business or organization?

When I'd had enough, I searched for help. Help that began healing my body and transforming my attitude about life. **OMG! I never knew I could go to bed happy and wake up happy!**

When I realized I could actually choose happiness, I started seeing the silver lining in people and situations around me. I thought, *"This stuff really works!"*

Little did I know, joy was not only a possibility--it was a promise!

Today I guide groups of friends, retirees, businesses and organizations to move into their **personal best!** I help groups, employees and volunteers to re-discover and live life with joy, fulfillment, and satisfaction.

When people come to me feeling bored, broken or at the end of their rope, I guide and support them to **reclaim their zest for life! Life becomes fun again!**

When people live life for the fun of it, their attitude becomes contagious!

I understand the struggle with giving ourselves permission to love, receive self-care and get what we want. **I was there!** It may have been different faces, different places but I completely get it!

When you or your teams' relationships, finances and health have tanked, it's the perfect time to create a life of joy! The fact that you have made it this far means **we didn't meet by chance!**

Don't allow strained relationships, difficult finances and poor health destroy your team!

Recovery and rebuilding is available, now, by participating in our group coaching programs. Living joyfully on your own terms is *your* life's purpose. **Doesn't everyone deserve a joyful life experience?**



The techniques and principles I needed to turn my life around came when I learned what I'm about to share with you. We've packaged it conveniently for you and your group to get your own amazing results of reclaiming lost joy!

Through our results-oriented program, *ReAwaken Your Joy*, participants will experience hope, exhilaration, and inspiration. Most participants enjoy the following results, and so much more:

- You will feel empowered to **create your dream life** on your own terms through your thoughts and emotions.
- You will **make peace with where you are** now, so, moving forward will be much easier to accomplish.
- You will learn the **Secret Key** to everything you want.
- You will enjoy **working with your emotions, instead of against them.** [Hint: Currently, your emotions are working against you!]
- You will feel such relief as you **let go of the past guilt** and **future anxiety.**
- You'll discover the **joy of living life in your Now-Power** of the present!
- You will be energized with giving yourself permission to **(dare I say) be selfish!!** [Hint: Being selfish enough to care about how good you feel!]
- Healthy, **loving conversations** will replace critical self-talk.
- You will learn to **appreciate your body** as your partner in this life.
- You will **realize dreams do come true** with the right vibrational attitude.
- You will **integrate fun and joy** into everything you do for **the best life ever!**
- As you begin to reap the benefits of *ReAwaken Your Joy*, you will be amazed at the results! You may **notice improvements in your relationships, your health and your career/finances.**

The benefits of your team experiencing these results may improve your *business or organization* with:

- Improved employee/volunteer satisfaction in life which carries over into their job.
- Employee/volunteer satisfaction may create:
 - Better customer service because of happier employees
 - Improved customer satisfaction
 - Greater word-of-mouth advertising from satisfied customers
 - Team members begin feeling better; sleep better; be more relaxed; less stressed; which may translate into...
 - Less medical time off for sick days and 'mental health' days
 - Less turnover and additional training for new hires; turnover is many times about dissatisfaction, feeling miserable, feeling bad (physically, mentally, and emotionally)
 - Feeling more appreciated and looking forward to work; feeling heard and understood
 - Better efficiency and productivity (less worker boredom, accidents, irritability)
 - Increased sales or services
 - Creativity among team members and leadership/management

- When employees/volunteers feel heard, appreciated, and valued, they outperform those who feel disempowered, vulnerable, and undervalued.
- Leadership and management lead by inspiration instead of motivation--leading by guiding and by example, not by pushing or threatening.
- Reduced stress in management because they are not constantly putting out fires of squabbles between workers and can get on to important tasks.
- Teams work with other teams more amiably.
- The list goes on and on!

We can't even determine ahead of time what benefits may be reaped. Each participant will receive what they put into it. Commitment to making lasting changes in our lives is very personal.

This program is designed specifically with the participants' needs in mind. Each module can be taken in **bite-sized portions!** A great way to have your group participate in this program is to watch the instructional video together, have a brief discussion, and then work through their integrative exercises. Support your employees in their choice to make personal growth a priority. Make it a fun time!!

If you already know your group is ready for real change or have any questions, click now, to send an email!!

Let me just **quell some of your group's anxiety** they may have about the journey of improving their lives. When I felt so locked into that miserable, unhappy and sick life I thought it would never change. I *had* to cling to the **hope that there was a better life ahead**. When that slightest glimmer of hope presented itself, **I ran in that direction!**

Not everyone coming from a business or organization who participates in this coaching will get the same results. We are all individuals and our perspectives are very unique. If you can see your way clear to encourage interest and inspire your group to make the most of every session, you will see amazing improvements in each one who has been committed to making real change in their lives!

Who doesn't want to feel better?!

What business or organization wouldn't love to experience better-feeling, happier staff, employees, and volunteers?!

You may be questioning the investment for your group, business or organization. Let me assure you, this program is designed to **achieve the highest quality life-altering results that bring more richness to life**. If you feel your team isn't worth the investment, *you* may need to participate so that you learn to appreciate the worth and value of the people who work for you. Ya know, just sayin! ;)

When I started applying what I was learning I realized it was awesome!

I started feeling better. I gained peace. I noticed my body was functioning better. My whole outlook on life improved!!

My constant complaining subsided. Friends and family *noticed* how much better I was! That's when I knew, for sure, it was real and I was making progress!

If I can do this so can YOU and your group! If I can reclaim my power and reawaken my lost joy, health and clarity, so can YOU!

It will take courage. You may run into doubt at times. Your mind may be full of BUTs! You may be saying, "I want to feel better BUT this isn't real. I want to get out of this painful life BUT it's impossible. I want to ask for help BUT I'm don't know where to start. I want my business/organization to flourish BUT I can't see that possibility with *these* employees/volunteers!"

Let me reassure you, I had the same questions. **I finally had to shrink my BUTs! I had to muster my courage, quit making excuses and go for it!** I began believing I AM WORTH IT! I am a testament to the power of a life of joy! It's real and you can have it, too!!

I'll tell you who this program is NOT for. It's NOT FOR those who are looking for a quick fix. Life isn't about quick fixes and magic pills. It's not for people who are *not committed* to invest the time and energy into themselves because they refuse to believe they are worthy. Life is a journey not a destination. Life takes time!

This program is FOR YOU who know you've had enough of a crappy life. This is FOR YOU who are courageously hoping there is help. It's FOR YOU who want to challenge life to be more!

It's FOR YOU who are willing to take baby-steps forward. FOR YOU who have just enough hope to *begin believing* that help is on the way. And, it's FOR YOU who want lasting results producing a life of joy with a spring in your step, smile on your face and peace of mind!

And, I'll be with you and your group every step of the journey! Guiding you. Holding your hand, so to speak. Encouraging you when you feel you can't go on. Holding you accountable to stay the course. I had coaches and mentors do this for me. And, now I'm offering my support to you! I commit to guiding you to *ReAwaken Your Joy!*

There's one last thing I want you to consider. **What will it cost you if you don't pursue change?** For me, it was costing me my health and happiness. I didn't want to be in the same place or *worse* in 10,

20, even 30 years! When I started I was in my mid-30's. At that time, I *knew* if I didn't make some drastic changes I wouldn't see age 40! That scared the sh*t out of me! Pardon me!

So, what will it cost you? **Are you willing to risk your health, relationships and finances** because you think this isn't real? Do want to risk being in the same or worse condition in years to come? You haven't done it on your own so far. I *knew* I couldn't do it on my own.

What will it cost your *business or organization* if you don't make the lives of your staff and volunteers investment-worthy?

I know I had to do something I'd never done before to get the results I desperately wanted. I had to hire coaches and teachers to help me get to where I wanted to be. We are relational beings. We're not here to live on our own. We need each other! We need support and guidance!

Here's a description of the program....

If you're ready to jump-start your joyous life, we're offering a 3-month group coaching program that includes these essentials:

❖ Program Essentials Include:

- **1 - 60 Minute "Prep-Goals-Plans" Action Call to Get the Ball Rolling!** This call sets up your group's personal intentions, goals, and accountability system for this program.
- **6 Modules of "Empowering Transformation" Video Teachings** (see description below).
- **"Building on What I've Learned" Integrative Exercises.** These exercises are formulated to best integrate all that you are learning to solidify it for real, lasting change.
- **2 - 60 Minute "Wins-Questions-Actions!" Group-Directed Calls (WQA) per month.** [Depending on the number of participants in your group, this can be customized to include weekly calls or longer calls to allow for everyone to participate in the conversations. Investment amounts vary.] Your group will receive an assessment form to complete prior to each call so that we always get to the heart of your progress with no wasted time.
- **"I'm Happier Now Than Ever Before" Journaling with Acknowledge-Commit-Transform™ (ACT) Techniques.** Committing to journaling every day will support your dreams coming to life! It will map your progress and show areas that need to be unstuck. Journaling can rewire the brain's structure for a more positive response.
- **Invitation to our Facebook Members-Only "ReAwaken Your Joy" Community and Support Group.** This is your opportunity to connect with our community of clients who are reclaiming their joy! A great place to ask questions of those who are on the same path as you. This community is of great benefit in your journey that your coach

cannot give you as an individual. We all benefit when many minds and hearts are co-creating!

Look at the Amazing BONUSSES You'll Receive:

- ❖ **BONUS #1:** *Recordings of your "WQA" Calls.* These are valuable as you can replay them as you desire for encouragement and remembering your goals for accountability.
- ❖ **BONUS #2:** Once a month you will be invited to attend our "Alive With Joy Group" Q&A Calls for all group coaching clients. Each call is about 60 minutes. Replays will be available.
- ❖ **BONUS #3:** *Your Powerful Body: My Body, My Partner.* Your body is always interpreting what you are thinking and feeling. It is responding with well-being or deterioration according to your vibration. It only takes three days of alignment for your body to respond with regaining balance so restorative healing can begin to take place. This is a much sought-after program by itself!

"Sign us up!! This is what my friends, business or organization needs!" If so, click the red link and shoot us an email....

SCHEDULE MY CALL **NOW!** *Joy Empowerment Consultation Call* complimentary!

The following are descriptions of each *Empowering Transformation* module that is included in this program. They have been designed to give you the BEST results:

Module #1: Power of Thoughts and Emotions

Understanding how thoughts and emotions create our lives. Thoughts create things. Learn how to use your emotions to monitor your thoughts. Learn to work *with* your emotions instead of *against* them to create the life you love!

Module #2: Power of Permission

Permission to be who you really are! Permission to love, create self-care and allow your dream-life the space to grow. Permission to amplify ease and well-being. Permission to release unbeneficial beliefs. Permission to live in your Now-Power!

Module #3: Power of Appreciation

Appreciation is the closest vibration to that of Source Energy and everything you want! Learn the subtle vibrational difference between gratitude and appreciation. Learn to appreciate and be satisfied where you are right here, right now. You will learn to live in appreciation every day!

Module #4: Empower Your Selfishness

Selfishness is simply caring enough about how you feel by making feeling-good your priority. Learn to make your opinions matter, because they are your only perspective. True selfishness is to live a life of joy that is beneficial for yourself and everyone around you!

Module #5: Power of a Quiet Mind

A quiet mind raises your vibration to attract what you want. It releases resistance to what you truly want. Learn to be still long enough to hear the inspiration from your Inner Being. Impulses for the solutions you seek only reside in the quiet mind!

Module #6: Empowering Fun and Joy!

Happiness and joy are your birthright! You are of most benefit to all when you experience fun and joy. Learn how to relax, chill out and focus on fun to activate joy in every area of your life. Experiencing fun attracts more of what you want in your relationships, circumstances, health and wealth.

With these modules and the accompanying integrative exercises, you will be creating positive shifts in your life quickly and easily!

"Mary Ann provides a great knowledge of 'how-to' and product information. Many times I have contacted her with questions related to health and holistic healing. She is positive and trustworthy. I would/will continue to confide in her. Mary Ann is constantly learning and sharing new techniques."

~Tina M., Owner/President at Suey Office Solutions

"Mary Ann is an open-minded and nurturing professional who has devoted her life as a mother, friend, and life coach to enlighten and nourish the lives of all she encounters. She has acquired her expertise through both formal education and life experience, an important combination of knowledge in her field. Mary Ann's services are truly one-of-a-kind that any person, in any situation, of any background, can benefit from. I highly recommend Mary Ann's reliable, informative, and effecting coaching and consulting."

~Kimberli H., Assurance Associate

What do you want your testimonial to be? What would you like to say you've accomplished?

So, what's the next step?

The next step in the process is to schedule a *Joy Empowerment Consultation Call* with me. In this call we will clarify YOUR GROUP'S desired results. We will identify the gap between where you are now and where you want to be. We will clarify and determine the purpose of your particular group. This call is, also, crucial for us to find out if we are a good match for coaching.

So, this is what I want you to do....

I want you to send an email request for your *Joy Empowerment Consultation Call* right now while you're reading this. **Click on the red link box below. Include "*Consultation Request for My Group*"**

in the subject line. In the body include **your name, phone number** and any brief message about your group, business or organization. My assistant or I will call you to schedule your consultation in a few days.

Normally, my fee is \$297 for these brief consultations, but this is my gift to you! This call is all about the results YOU and YOUR GROUP want. I will only offer the program to you if we decide we are a good match for coaching. I am committed to this coaching endeavor. I expect your participants to be committed by showing up for each session and call, ready to do this transformational work.

You've heard about all the **benefits and results** you will receive from working with me through this program. Like **creating your dream life** on your terms, feeling **fulfilled and satisfied**, the probability of **feeling better**, learning to **live in appreciation** that attracts everything you desire. You've heard about all the **valuable bonuses** that will create greater shifts in your life.

If you are not sending your email request right now, you can send one later to wecare@reawakenyourjoy.com to schedule your Joy Empowerment Consultation Call to clarify your group's desired results. I cannot, however, promise that I will have any appointments available this month by the time you send your request. I only do 4 of these a month, so make sure you get your name on our schedule immediately. You will be added to our waiting list for the next available consultation slot. You will receive a reply.

Prior to the call you will receive an assessment questionnaire and application via email to return before our conversation. This will allow us to get right to the heart of the matter for without wasting yours or my time.

Great! If you have sent that email, we will be contacting you as soon as possible. I'm looking forward to meeting you!!

You know, there's never been a better time for us to meet. You are living in the best time to claim your empowerment program today! And, I'm here to guide you every step of the way!

To your future success,



Mary Ann Pack, YOUR Holistic (*Joyous*) Life Coach

SCHEDULE MY CALL **NOW!**

*Joy Empowerment
Consultation Call*

complimentary!