

MEDIA RELEASE

For Immediate Release

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Women Offered a Fresh Start 2009!

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“A new year is always the perfect time to set new goals, and people, especially women, need to know that they don’t have to go it alone,” says Certified Empowerment and Energy Leadership Coach, Monica Marie Kosiorek. “Working with a coach helps provide clarity to desires, helping individuals to ‘refocus’ their viewpoint, to realize that often what they have seen as obstacles are actually opportunities for growth.”

Monica knows first-hand the desire to make a mid-life change. The owner of “**Unlock Your Potential**” left a successful but fast-paced corporate track to begin coaching in order to fulfill her need to contribute more to others’ lives, as well as to have more balance in her own life. Monica says, “I want to see all women realize their greatness and there is nothing more rewarding to me than helping someone else build their self-confidence; dream big; eliminate unwanted behaviors; reassess and accomplish their goals.”

Through “Unlock Your Potential,” Monica offers one-on-one coaching, workshops and teleconferences - including a very affordable nine-week teleconference: “**Bringing Balance to Life,**” wherein participants will examine and assess their current satisfaction with all aspects of their lives, from the comfort of their homes, offices or wherever. For 60 minutes each week, in a confidential and supportive teleconference with other women, participants will focus on personal development, spiritual awareness, career, finances, health, relationships, enjoyment, family and parenting. The end result will be a plan of action to move them from where they are to where they you want to be!

Three teleconferences are beginning in January, on different days and times to accommodate as many women as possible: Tuesdays: 1 p.m. (1/06/09 - 3/03/09); Thursdays: 8 p.m. (1/08/09 - 3/05/09); and Saturdays 11 a.m. (1/17/09 - 3/14/09). The cost is just \$140 for nine weeks (a \$1,125 value). In addition, each registrant will receive a ½ hour one-on-one coaching session for FREE! (a \$75.00 value)

For more information, contact:
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Unlock Your Potential, LLC
Remember: “Today is non-returnable. Make it unforgettable!”

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