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You've provided your permission to receive my emails - and I appreciate that! I look forward to staying in touch. Cheers! Anna

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January 2016

Hi, Anna -- Welcome to 2016! I hope your year is off to a good start. Mind you, that would depend on how you define "good." Your good life, better yet, your *great* life is based on your personal perception of *good* and *great*. To help you discern your unique view, in this and future issues, I'll be sharing some of the concepts that underpin my Work/Life Clarity program. And, if you want to speed up the process, let's chat at a [Cup of Tea meeting!](#) Wishing you goodness and greatness, Anna, in the year ahead,



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## Workshop for SuperWomen

What's a SuperWoman? She's the heroine in her own great life. She creates the life she wants to lead. And that includes an empowered mid-life which comes in many different shapes and sizes: new career, part-time work, entrepreneurship, or contributing her valuable wisdom through consulting or volunteering. Every SuperWoman flies with purpose and vision. Come find yours at this mid-life/retirement lifestyle planning workshop Sat, Feb 6 at the Monterey Centre in Oak Bay.



*"Curiosity is one of the forms of feminine bravery."*

[Contact me to register.](#) | [Host your own.](#)

## How valuable are values?

The answer is: very. Values are at the core of creating your good life. Clarity about our *own*





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