

## Upcoming Workshops

**Diane Dreizen**  
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[www.FulFillingCareer.com](http://www.FulFillingCareer.com)

*Are you ready to move your Career/Business to the next level?  
Would you like to feel good at the end of a work day?  
Find true success easier and faster than you can by yourself...*

### **CREATE A REWARDING CAREER and BALANCED LIFE**

*This 3-month/9-part series applies the 5 Key Concepts to your Work/Career/Business in the context of your Whole Life. You will experience results and walk away with tools you can use.*

*Do you prefer to use Safe and Natural remedies to Reduce Stress?  
Are you on a Spiritual Path to Gain Wisdom?  
Read further to find out more about the benefits of using Energy Medicine...*

### **INTRODUCTION TO ENERGY MEDICINE**

*Learn about the fascinating world of Energy Medicine and what it offers you.  
Diane will demonstrate some ways to use them; experience them for yourself. Leave with a formula blended specifically for you (Value \$35).*

"It has been a treat and a joy to work with Diane. Not only has she helped me uncover my true motivations, she's helped lay down the path toward achieving my dreams.

The moment I met Diane, I knew I wanted to work with her. She had a wonderful calming effect and made me feel safe as I shared my story. She had me complete an intake form and reviewed every inch of it with me making certain that she understood my goals, dreams and expectations of our time together.

Diane conducted herself extremely professionally from the start while maintaining the comfort of a trusted friend. She started each session with an agenda but remained flexible and open to where ever the process took us. We used several effective imagery tools to get to the heart of issues and roadblocks. These methods allowed me to discover my own insights and solutions rather than rely on her to give me advice and direction.

Just about every session involved "aha" moments and floods of revelation. I was amazed that all of it came from me. That's how good Diane is; she draws out your truth and then helps you put it into action."

Alison Maurer  
Portland, Oregon

*My work as a Life Coach revolves around 5 key concepts to assist and guide people to live life well.*

**5 Key Concepts to Live Life Well:**

**#1 Understand What Gives Your Life Meaning**

- *Create a Fulfilling Life.*

**#2 Focus on What You Want** - it's positive and feels good!

*Set Your Intention (Commitment) and Goals  
Build Your Thinking Skills.*

**#3 Manage Your Energy** - *Know what Energizes or Drains You*

- *Reduce Stress and Balance your Life*

**#4 Build Effective Strategies and Contingency Plans**

- *Your Foundation of Power*

**#5 Stay-on-track to Succeed**

- *Put Effective Systems into Place -  
Organize you Office and Design your Lifestyle*

*This is Success!*

**Diane Dreizen is a Career & Personal Life Coach. She works with individuals as well as doing workshops.**

*Diane guides, teaches, and encourages people to grow into positions of greater personal and professional responsibility and leadership; to reduce stress, become highly effective, personally fulfilled, and to overcome obstacles to success.*

*Whether you want to create a rewarding career, meaningful relationships, reduce stress, or make a dream come true; I can assist you to tap into your own wisdom to build confidence, self-esteem, and effectiveness.*

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## **Create a Rewarding Career and Balanced Life**

In this 9-part series we will take the 5 key concepts and specifically apply them to your life's work/career/business.

### ***Understand What Gives Your Life Meaning***

*Workshop #1: Tap into your own wisdom to understand what you really care about in life. What inspires you? What gives your life meaning? What makes you tick?*

*Workshop #2: Explore how to apply and express your values through your work/career/business; to inform the kinds of decisions you make.*

### ***Focus on What You Want***

*Workshop #3: Think more effectively by choosing where to put your focus, the value and power of setting clear intention and designing dynamic goals as it applies to your work/career/business.*

### ***Manage Your Energy***

*Reduce stress in relationship to your work and work/life balance.*

*Workshop #4: Develop your self-awareness and implement tools to reduce stress and balance your life*

*Workshop #5: Build New Habits that expand your foundation of health and healthy work/career/business atmosphere.*

### ***Design a Strategy that Works***

*Workshop #6: Learn an effective approach to strategy building and contingency planning.*

### ***Stay on Track to Succeed***

*Learn key concepts for putting Effective Systems into place that support long-term work/career/business success*

*Workshop #7: The Details: Organize your office - Systems Management*

*Workshop #8: The Bigger Picture: Concept of Ideal Life Calendar*

*Workshop #9: Review / Test & Refine / What next?*

### **Wednesday Evenings**

**6:30PM → 8:30PM**

**\$195 per month, for 3 months**

**Location to be announced**

**May 5, 19, 26, June 2, 16, 23, July 7, 21, 28**

## **INTRODUCTION TO ENERGY MEDICINE**

*This interesting and fun class will give you an overview of Energy Medicine, answer questions, and demonstrate ways to use them. You will walk away with an Energy Medicine Formula blended specifically for you (Value \$35), along with suggestions for further use*

Energy Medicine is a branch of Homeopathy that has been used for thousands of years by many cultures from Australian Aboriginals to Tibetan Buddhist Monks. They are tinctures, taken orally.

*Common results:*

- Reduce Stress
- Gain Mental Clarity, Vitality, Sense of Well-Being
- Catalysts for Growth, Creativity, Transformation
- Insight and Deeper Understanding
- Feel Renewed Hope, Inspiration, and Joy
- Release Fear
- Move Forward with Greater Confidence and Purpose

**Saturday Morning, April 10<sup>th</sup> from 10:30AM → 12:30AM**

**Fee: \$65**

**Location: Revolution Body in Motion Studio**

8525 SW Barbur Blvd (*Across from Original Pancake House*)

Portland, OR 97219

(Studio entrance and parking @ back of building)

**Repeats: May 22<sup>nd</sup>, July 17<sup>th</sup>**

Thank you for formulating a flower essence remedy for me to deal with my inability of forty years standing to speak before a large audience with ease.

After taking the flower essence for a month, my fear just melted away and I was able to give a very effective presentation in front of an audience of 200 people!

Judy Mann,  
Point Roberts, Washington

Thank you for your deep and subtle work...I have been taking my flower essence mixture ...with great success."

Thank you so much for your inspiring work. It helps me so much."

Irene  
Seattle, Washington

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