

**MUMS and DADS**  
**Come Join our FOCUS Group!**  
(**F**riendship **O**ppportunity **C**reativity **U**nderstanding **S**trength)

---

Take part in creating a focused community.

This is your opportunity to develop FRIENDSHIPS and to enable the group to SUPPORT, LEARN from and INSPIRE you.

For the second year, we offer these Relationship Coaching Workshops, covering:

- How to set powerful, inspiring and achievable goals
- How to get more of the things you want in life – more freedom, more love, more happiness, more success
- How to get less of the things you don't want – less stress, less dependency, less anger, less frustration
- How to become a positive person by changing focus
- How to understand other people better
- How to get other people to understand you
- How to spend quality time with yourself

**BE HAPPY**  
*with FOCUS*

**Life Coaching Workshops**

**7:00 – 9:30 pm**

**Tuesdays 28 February – 28 March**

**Kimberley Park State School**

**Floret Street, Shailer Park**

To register, please contact

Maria Delaney at **3341 6773** or [delaneymt@aol.com](mailto:delaneymt@aol.com),  
Ronit Baras at **3343 2237** or [ronit@behappyinlife.com](mailto:ronit@behappyinlife.com),  
or visit [www.behappyinlife.com](http://www.behappyinlife.com).

Enjoy 5 weeks of Relationship Coaching for only \$50.