

Friday Forum Intensive: Making Time for Success – October 2018

Theme: *Procrastination*

Converting intentions into actions

Announcement

Is procrastination holding you back?

This announcement is your invitation to register for the **Friday Forum Intensive: Making Time for Success**. The theme for October is ***procrastination***. The **Friday Forum Intensive** in October will take place by phone on the four Fridays in October at 10 – 11 a.m. Pacific Time.

Focus:

Over the four weeks of this group coaching call we will focus on strategies to manage ***procrastination***. During weeks 1-3, we will review three different articles that propose a variety of creative ideas for managing ***procrastination***. During the week between each class, your field work will be to select one strategy that you will commit to practicing during that week. On week four, we'll explore how you can integrate and sustain these strategies in your life.

This **Friday Forum Intensive** is limited to six participants so each person will have time to actively engage with others during the one-hour call.

Dates and times:

- Friday, October 5 at 10 – 11 a.m. (Pacific Time)
- Friday, October 12 at 10 – 11 a.m. (Pacific Time)
- Friday, October 19 at 10 – 11 a.m. (Pacific Time)
- Friday, October 26 at 10 – 11 a.m. (Pacific Time)

Conference call information:

Once you register for the **Friday Forum Intensive**, you'll receive an email with the dial-in information for the group call. You will also receive links to the articles we'll be discussing.

Pricing options

- \$25 per session for a total of \$100 if paid in full by credit card or check prior to the first session
- \$35 per session for a total of \$140 if paid weekly by credit card at the beginning of each week

How to register:

Call Kathie England at either 503-531-9466 to email her at Kathie@timeforsuccess.net.

Registration deadline is Friday, September 28.