

# AWAKEN TO YOUR CONNECTIONS

## A 12-Week Telecourse

*Discover and Celebrate your Mind, Body, Spirit Connections to Create Energy, Aliveness and Balance*



- o **DISCOVER** 12 connections within your mind, body, spirit
- o **THINK** in new ways that inspire
- o **FEEL** what you've never felt
- o **TAKE ACTION** with 12 strategies to author your life through choice
- o **CONNECT** with others to celebrate life
- o **EXPERIENCE...**
  - Deep Love for yourself and others
  - Balance...and whatever else you want in your life.
  - Renewed Energy



**jl. Gould**

& Associates

*Sponsored by jl. Gould & Associates*

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**Supporting and empowering people to be optimally well and create what they want in all areas of their life.**



Dee Petersen is a wellness and life coach, nurse, and cancer survivor. Her life experience has created in her a passion for and commitment to well-being. Through her own healing process, she developed a deep awareness of the profound relationship between the body, mind, and spirit in creating her own well-being. In 2004, Dee fulfilled a dream by creating her own multifaceted business, *Great To Be Alive*. She has since fulfilled an additional dream of working in a community with like-minded professionals and is now an Associate with jl. Gould & Associates, a Life Coaching company in Winston-Salem.

She assists others to create the quality of life they want in all areas—using a process based on the belief that each individual is creative, intelligent, loving and fully capable of creating their own well-being.

Through the Awaken to Your Connections Course, Dee shares herself and creates an environment of acceptance and exploration that allows participants to connect with each other and discover their own mind/body/spirit connections as well as choices they can make to create more energy, joy, aliveness and balance in their lives.

## **Telecourse Offered 2 Times/Year**

### **DATES AND TIMES**

ONE EVENING CALL  
per week from 6:30- 8 p.m.

TWO CLASS DAYS  
Saturdays, 10a.m.-5p.m.

### **TUITION AND FEES**

- o Cost: \$425
- o Minimum deposit of \$100 (non-refundable)
- o Balance due 2 weeks prior to start date.  
After that date, tuition is \$450
- o Includes a 1-Year subscription to the Wellness Inventory (on-line)



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