

What About Us? The Journey of a Joyful Goal-Focused Couple

When: Saturday, February 8, 2003, 12:45p.m. to 4 p.m.

Where: Gilroy Health and Fitness Center, 8540 N. Church St., Gilroy

Fee: \$40.00 per couple; Deadline 2-6-03, Late Registration by phone 2-7-03 until 8p.m.
(Early bird discount \$35.00 per couple until 1-31-03)

Registration Options:

Drop by - at Gilroy Health & Fitness or Ladies Health & Fitness Center

Phone in/mail in – call presenter at 779-8874, ext. 4# for registration form by mail or fax, or use registration form, below

Email – contact presenter by returning form (below) by email at:

www.IntuitiveCircle.com, or Janneke@IntuitiveCircle.com

Presenter: Janneke Jobsis-Brown, MSW, LCSW, Life Coach, Licensed Psychotherapist

About the Seminar: Couples today juggle many ideas, family/work/life challenges, and stressors. Often quality time as a couple is sacrificed to spend time with other family, or to reach work goals. This leaves little time for spirituality, stress management, or fun.

Prepare to “work smarter, not harder.” Celebrate Valentine’s Day early by exploring one of the greatest joys for couples... To be able to partner while reaching shared goals.

This seminar will focus on the destination (a strategic life plan, goals) *and* celebration of your journey together. The ideas shared will be just as helpful for couples who are striving to support each other in different roles (working parent, homemaker parent), as well as couples striving to support each other with two challenging careers and schedules.

Ideas from Steven Covey’s book Seven Habits for Effective Families, and Gary Chapman’s book The Five Love Languages will be utilized as a way to increase your sense of love and cooperation as a couple. You can expect to end the day with a beginning of a shared plan, increased understanding of communication strengths and blocks, a sense of fun and peace, and renewed focus on shared goals.

About the presenter: Janneke Jobsis-Brown, MSW, LCSW, is the founder of www.IntuitiveCircle.com and enjoys applying her many years of experience with team leadership, team building, management, and consultation to diverse life challenges. She has focused on applying Coaching Principles to help men and women explore and develop their personal potential, career path, and life goals. Spirituality, holistic health, wellness, management skills, personality profile, intuition, and stress management are all emphasized in her work with others.

As an experienced seminar facilitator and trainer, Janneke has provided lecture series and conferences for: Santa Clara County and Riverside County Agencies, School Districts, the IRS, Community Colleges, the Betty Ford Center International Conference, Rebekah Children’s Services, Almaden Valley Counseling Center, and more.

Credentials include: Master’s Degree in Clinical Social Work, Bachelor’s degree in psychology, extensive Continuing Education classes in management, two years of training from the College of Executive Coaching, licensed psychotherapist.

REGISTRATION FORM

Check off which seminar(s) you are registering for:

- Couples Seminar 2-8-03
- Interested in Future Seminars for:
 - 3 Part Series on Meditation, Intuition/Guidance, and Health
 - Repeat of Women's Seminar listed below
 - Creative, Focused Problem Solving
 - Future Couples/Family Enrichment Seminars
 - Team Building in the WorkPlace
 - Developing and Utilizing Intuition for Focus, Energy and Problem Solving
 - Please contact me to custom-design a training for my Organization/workplace

Name(s): _____

Day Time Phone: _____ **Evening Phone:** _____

Email address: _____

Address: _____

Fee for Couples Seminar (mail fee to: Janneke Brown, LCSW, 50 W. Main, Suite C, Morgan Hill, CA 95037) \$40.00 per couple; **Early bird discount \$35.00 per couple until 1-31-03**, Regular Registration Deadline 2-6-03, Late Registration by phone only,

How did you learn about the seminar? _____

What question/concern/goal would you most like to hear addressed at your seminar? _____

Go For It!...A Goal-Focused Self Esteem Seminar for Women

THIS SEMINAR ALREADY OCCURRED,
AND WAS AN ENTHUSIASTIC SUCCESS, LET ME KNOW IF YOU ARE INTERESTED
IN A REPEAT OF THIS 3 HOUR SEMINAR

About the Seminar: *Women today enjoy and are challenged by many personal, family and work choices. What does "Go For It" mean to you?*

Today our "women's work" is avoiding the "superwoman" trap while still reaching goals. Are you tired of "working harder, rather than smarter?" We will explore women's lives as being all about and beyond possible roles - single, married, mom, working mom, homemaker, student, career woman, self-employed, retired - and redefining by asking...

Who am I? What are my goals? How can I use my intuition more to energize and renew my focus? How can I build self-esteem and stay focused in the New Year?

Come explore your self, your self-esteem, and current goals in a 3-hour seminar with Janneke Jobsis-Brown, MSW, LCSW. Janneke will use her expertise as a Life Coach in helping women reach family, career and life goals. You will finish the day with a renewed sense of goals, life plan, confidence and focus.