



# Love Your Life DREAM-SETTING

**Lunch & Learn Class:** January 16, 23, 30 & Feb 6  
11:30-1:00 at Lock Keeper's House, New Bremen, OH

or

**Evening Class:** January 29, Feb 5, 12 & 19  
7:30-9:00 Lock Keeper's House New Bremen, OH

**First Session is Free! \$95 for all sessions**

Reservations Required at [christy@zealcoach.com](mailto:christy@zealcoach.com)

So, there are things you want for this year. Some dreams that you would like to see become reality; Bring more success to your business, to your life, start a business, plan a trip, get out of debt, feel better or healthier, get over a heartbreak, start a new romance, more friends, more laughter, connect with your kids or your spouse ... The possibilities are limitless and so are YOU.

**Dream-Setting** gives you a process to make this and every year into a LIFE YOU LOVE.

## About Christy

### Life, Career and Executive Coach

- ◆ 25 years of assisting businesses & professionals create success
- ◆ 3 Coaching Certifications in Career, Life and Executive Coaching
- ◆ Masters of Education in Human Resource Development from Xavier University
- ◆ Mother of two, living in New Bremen, OH



Christy Shell, M. Ed



## The 7 Stages of Dream-Setting

(This Lunch & Learn introduces the entire process and covers: Desire and Dreaming)

- ◆ **Desire** Behind every want or dream is a desired feeling. Daily, we get caught up in what we "should" be doing or just survive on auto-pilot. Recognizing and identifying your true desires is the starting point and your guide to creating a LIFE YOU LOVE.
- ◆ **Dreaming** When you allow yourself to dream, when we approach obstacles or desires with our playful and creative mind, incredible solutions come
- ◆ **Dissolving** A critical skill to success is dissolving the mindsets that hold us back
- ◆ **Deciding** Knowing the right direction is not always clear. Deciding which way to go, being confident and committed is all up to you.
- ◆ **Designing** Setting the course and creating the plan, only works if the strategy fits you
- ◆ **Doing** Taking action is the test, setbacks happen and so do miracles. How do you tell the difference?
- ◆ **Dancing** Is a mindset of celebration, gratitude and sharing your success, but did you know that it is the KEY to success?

