



Hillsborough County Bar Association
Proudly Presents a Lunch and Learn
Forwarding Your Focus



Wednesday March 3, 2010
12:00 p.m. – 1:30 p.m.
2.0 CLE Credits

Chester H. Ferguson Law Center
1610 N. Tampa Street
Tampa, FL 33602

At Seminar you will:

- Explore various aspects of your life by discovering what's working and what could benefit from a little added "oomph!"
- Create a visual representation to see your life's "snapshot" picture.
- Gain knowledge of tools and techniques to bring more balance for living your "desired" life.
- Look ahead to realize possibilities for the future or recognize ones that may have been pushed aside...until now.
- Find out what gets in your way of making a possibility become your reality.
- Develop methods to handle the "red flags" when they appear.

Ellen Schuster-Nastir, M.Ed., CPCC is a certified professional life coach, corporate/staff trainer, and speaker who loves helping people achieve their dreams and make them reality. Her practice consists of personalized life/executive coaching, team coaching, interpersonal communication training and a variety of themed group coaching workshops.

Register by visiting www.hillsbar.com or calling 813.221.7777

\$35 HCBA Members/ \$40 Non-Members