



CHRYSALIS LIFE COACHING

CYNTHIA SIPES, CERTIFIED SELF-EMPOWERMENT COACH

When you feel like life is happening to you, Life Coaching helps empower you to live it on your terms!

Welcome to Chrysalis Monthly Newsletter

I'm excited to share with you the things that are happening with Chrysalis Life Coaching. I would like to send you a newsletter via email once a month, so that you can see what great things are going on, and to give you access to tools and information that can be helpful to you. Please feel free to share this information with others.

Over the past year I have had 18 different clients, some have finished the work they needed to do and some are still working on other areas. Life Coaching is about making the changes you need to make and equipping you with tools so you can do this yourself. When a client moves on, I am proud of them for stepping out and trying what they have learned on their own.

This community has been very supportive of my business and I would like to thank Pastor Brian Troxell at Woodland Life Center for taking that leap of faith in me last year and providing me with an office to help others in this community.

Please enjoy the newsletter, and contact me if you have any questions or concerns.

NEW OFFICE - NEW HOURS!

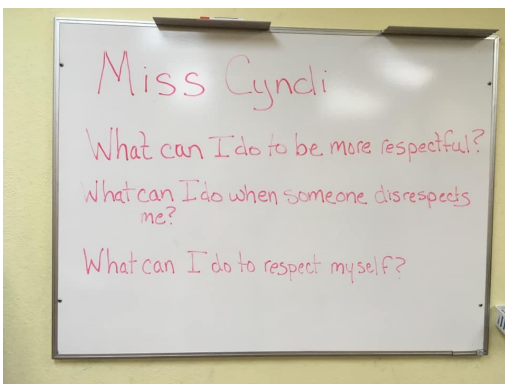
I am still at 900 Evergreen Heights Drive (Woodland Life Center), in Woodland Park, CO; I just have a new office! It is larger, and more private, with access to the side door of the building. Due to having this office, my hours are Monday, Tuesday, Thursday



and Friday from 9 am - 5 pm. I am not always in, so please contact me via email, facebook or phone to schedule appointments.

Growing & Healing

Each month I try to write a blog on a topic that has been placed on my heart. Usually the blog is to get you thinking about where you personally stand on the topic. Is it something you want or need to change. Do you agree or disagree with the points made? Or maybe you come away with some tools to use in your life you haven't had before. This month's blog is on Perspective. To Read The Blogs



Helping At the Schools

From January - March of this year, I have been teaching the youth in three different schools. At Cripple Creek Victor High School I taught Goal Setting to a group of Sophmores. At Woodland Park High School I taught Respect and then How to Communicate with Adults to all of the Freshman. (Weather did prevent some from getting the last class). At a local homeschool group I taught Respect to the younger students and Goal Setting to the older students. It's been so rewarding. I'd love to continue to help equip the youth with these life skill tools.

Speaking Engagment

I was invited to speak at Elite Networking this month. How Cancer Saved My Life is what I spoke on. It was about how going through cancer not only solidified the tools to healing me, other than cancer, but find my passion and calling to help others. I thank Nate Wilson for this opportunity.



With Respect and Hugs,
Cynthia Sipes, CLC

Chrysalis
Life Coaching



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