



Happy Marvelous May

Today we also say Happy Mother's Day, Happy Military Spouse Appreciation, Happy Graduation, Happy Armed Forces Day and an honorable Memorial Day!



April Workshop

In April we had our Respect/Self-Respect class. We had an amazing discussion and we received lots of great feed back. Before others can respect us or we can build our self-esteem, we need to learn what respect is and how to respect ourselves. I want to thank the

ladies that came and gave amazing input!

July Workshop!

Vision Boards and Goal Setting

July 26, 2019 we will be making vision boards and learning about creating and following SMART Goals. This workshop is with the Women of Woodland.

However, if you are interested, please contact me.



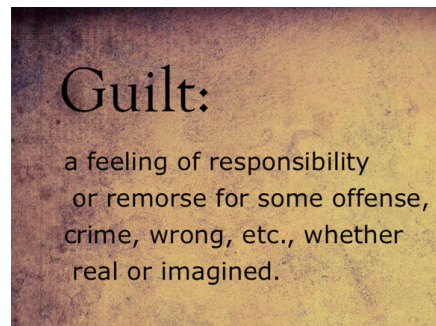
Don't Hold Your Breath – Hiccups in Marriage - April 22, 2019 Blog

Check out this blog to navigate the hiccups in marriage. Don't Hold Your Breath – Hiccups in

Marriage

I Feel Guilty - May 2, 2019 Blog

This blog has gotten a lot of response and discussions going. If you have ever felt overly guilty about something, please take the time to read this blog. I Feel Guilty



I want to thank and wish all the best to client "E". They have completed their goals and are ready to be out in the real world to use the tools they have learned.

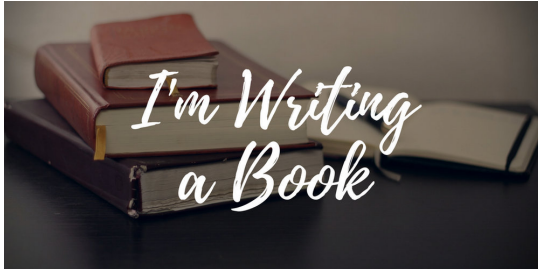
I'd like to welcome clients "N", "T", "Lo" and "La"! I look forward to helping you become what you want.

To my current clients, I appreciate all the effort and hard work you have been putting in.

We have three clients who have moved to a non-weekly schedule. They are using their tools out in the real world, but staying connected, until they feel comfortable. You are doing AMAZING!!!

The Transformation of Me

Many of you know I am writing a book titled "The Transformation of Me". It's a 26 week book that walks you step by step into making manageable but important changes in your life, one mini goal at a time.



Currently the book needs 2 more chapters and art work. After that will be proofreading and then sending to the publisher.

I am hoping to take book orders next month. I will keep you updated!

Workshops/Talks



If you are interested in a workshop, discussion group or talk, I'd love to meet with you. If you can get 5 - 10 people to agree to a workshop/discussion group, or 10 - 100 people for a talk, I can come to you if you are near the Teller County Colorado Area.

Please click on [Services](#) to see what we already provide. If you are wanting a more specific topic, please contact me at cynthia@chrysalislifecoaching.net

Kind regards,
Cynthia Sipes, CLC - Chrysalis Life Coaching



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