



Cynthia Sipes is a Certified Life Coach. She currently sees individual clients, provides workshops and teaches life skills to teens in her business, Chrysalis Life Coaching. Cynthia has spent over 35 years learning to heal, balance and empower her own life to a positive outcome. To learn more about her and her business, please visit: [www.chrysalislife coaching.net](http://www.chrysalislife coaching.net)

In *The Transformation of Me*, Cynthia Sipes, takes you on a journey, where you will discover the real and authentic you. Her education, trainings, working one on one with others, as well as her own life experiences, provide the content and tools that she empowers you, the reader, to use.

Each week covers a specific area in your life and allows you to change or create balance, through a series of mini goals. By the time you have completed the 26 weeks, you will be given tools and empowerment to take back the power to make your life healthy and balanced, as well as designing it to fit the you, you want to be.



The Transformation of Me: A 26-Week Journey of Healing and Discovery

Cynthia Sipes, CLC

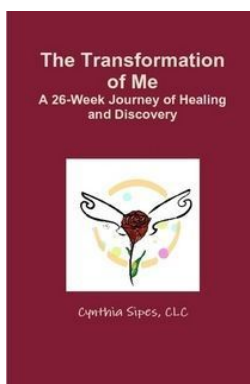
## The Transformation of Me A 26-Week Journey of Healing and Discovery



Cynthia Sipes, CLC

## Happy June!

This month I have some real exciting news!!! Please take a look below and be sure to click on all the links to get more information!



### MY BOOK IS PUBLISHED!!!

-My book: *The Transformation of Me: A 26-Week Journey of Healing and Discovery* is published and ready to be purchased!

This book was written with years of experience, education, and working with my clients. You can use this book to learn the tools I teach my clients one on one. Click on the link below and you can see the description of the book as well

as have a chance to purchase one!

To Learn More or Purchase the Book, Click Here

---

## June's Blog is on FEAR

Click on the link below to read the newest blog on FEAR. It will give you a new perspective on why there are so many fears in your life, and how to manage them.



Click Here to Read

---



## Goal Setting/Vision Board Workshop

Friday night, July 26, 2019 - I will be hosting a Goal Setting and Vision Board Workshop for my female clients and the members of Women of Woodland. If you are interested in attending please contact me. Cost is love donation. Please RSVP!, so I have enough materials for everyone.

---

## Are you on Facebook?

Chrysalis Life Coaching is on Facebook. Each day I post an item for you to ponder through out the day. Please take a look and like us.



Click Here to See the Chrysalis Facebook Page.

---

Blessings,  
Cynthia Sipes, CLC





[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing**®