



Happy August!

Transforming You
Skills & Tools
Podcast



Cynthia Sipes, CLC Chrysalis

NEW PODCAST!!

We have started a new Podcast entitled, "Transforming You - Skills & Tools". This will be addressing our everyday issues and learning skills and tools to be more successful at avoiding, navigating or tackling the barriers in our lives. There is a new episode every Monday. You can find this Podcast on iTunes, Googleplay, or Podbean.

Speaking Engagement!

On August 26, 2019 I will speaking at a Women, Wine & Wellness event. The topic will be "Creating Opportunities". If

you are interested in attending, members are free, non-members are \$12 (this includes a glass of wine and materials for the evening). It will be held from 6 pm - 8 pm at Real Deals, located at 5566 North Academy Blvd., Colorado Springs, Colorado.

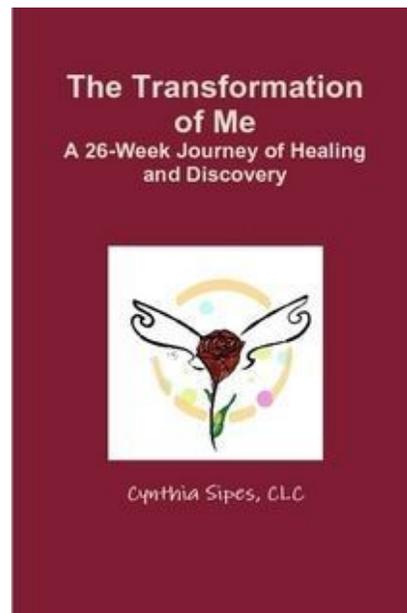


WORKSHOP!

On August 30, 2019, I will be teaching a workshop entitled, "Vision Boards & Goal Setting". This is a hands on workshop, where you will be making a vision board and learning how to make goals to accomplish your vision board. This is a women only event, please. If you are interested in attending please RSVP by August 22, 2019, so we will have enough materials. Cost is donation only, to cover material costs. This workshop will be held 6:30 pm - 8:30 pm, in the chapel of Woodland Life Center.

6-Month Group!

At the end of September, I will be leading a 6-month (28 weeks) small group and we will be going through the book, "The Transformation of Me - A 26-Week Journey of Healing and Discovery". This is open to men and women. Each week we will work on one large goal and many mini goals to complete a chapter in the book. This group is meant for discussion, sharing and supporting each other as we make positive changes in our lives through completing small goals. If you are interested in this class please contact us. It is \$30, \$10 if you already have the book. The group will meet from end of



September 2019 to beginning of May 2020. These will be every Tuesday morning (excluding three for the holidays), from 9:30 am - 10:30 am in the Chapel at Woodland Life Center.



Office is Moving, Slightly

Woodland Life Center, who is providing our office space, is growing in their children's department and is in need of a larger space. The Chrysalis Life Coaching office will be moving back to our previous space at WLC. Please use the front doors of WLC when arriving for your appointments. The move will be happening in the next week. It will be a little smaller, but you will still receive the same care and

service. Thank you for your understanding.

BLOGS

There were three blogs written in July.

- * "Oh You Don't Know.. Until.."
- * "Boundaries, Insight Into Joining the "Chill" Club"
- * "Betrayal"

BETRAYAL

You can read these blogs by clicking on the titles or going to the Chrysalis Life Coaching website and click on the blog tab.

Thank you for your time in reading our newsletter,
Cynthia Sipes, CLC





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