

*Motivate to Activate  
Your True Potential*



**An Holistic Approach to  
Personal and Professional Growth**  
*~ Individual and Group Coaching for Success ~*

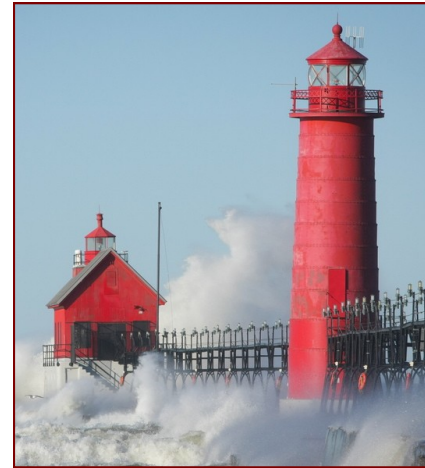
*Find harmonious balance between body and soul.  
Identify your true passion and discover how to reach your dreams.  
Discover how to live with vision, courage, determination and passion.*

[www.motivactgroup.com](http://www.motivactgroup.com)

**ARE YOU SEARCHING** for a vessel to carry you to safe mooring amid life's high tides and low?

**WILL THIS BE THE YEAR** when everything falls into place, just the way you envisioned it?

**ARE YOU LOOKING** for a vehicle to break through the roadblocks and detours that have sidetracked you on life's highway?



**We're the MotivAct Group.** Our holistic approach to personal and professional development has guided clients from all walks of life overcome stubborn obstacles as they pursue their personal and professional goals. *And we're confident we can help you.*

**Our tools help you:**

- ⇒ Systematically leverage our self-assessment tools and self-motivation techniques.
- ⇒ Find harmonious balance between mind, body and soul.
- ⇒ Clarify, set and achieve personal and career goals.
- ⇒ Develop the skills to take 100% responsibility for your life.
- ⇒ Discover how to live with vision, courage, determination and passion.
- ⇒ Learn why it's important to check in with yourself periodically as a blueprint for a more satisfied and productive career and personal life.
- ⇒ Identify your true passion and discover how to reach your dreams.
- ⇒ Enhance your sense of worth as an individual.
- ⇒ Use the power you already have within to achieve your goals.
- ⇒ Recognize and seize the opportunities that are right in front of you every day and make them your own.

## Achieving Your Dreams – in So Many Ways

The MotivAct Group offers an innovative training portfolio in a wide range of personal and professional domains for individuals and groups. These include:

- ⇒ Achieving the vision of nonprofit boards of directors.
- ⇒ Mental Massage™ – an innovative fusion of guided visioning and re-energizing massage.
- ⇒ Making a Difference Begins with YOU...So Live Into Your Dreams!
- ⇒ Group and individual life coaching, including an option that offers a relaxing 20-minute massage as part of the visioning exercise.
- ⇒ What Every Business Needs to Know About Copyright.
- ⇒ Financial Planning to Achieve Your Goals.
- ⇒ Healthy Body = Healthy Business.

## MotivAct Offerings Are Ideally Designed for:

- ⇒ Businesses that offer employee wellness programs.
- ⇒ Corporate retreats focusing on visioning the future and goal-setting.
- ⇒ Nonprofit boards of directors
- ⇒ College students preparing to enter the workforce.
- ⇒ Job seekers.
- ⇒ Networking groups.
- ⇒ Chambers of Commerce and other civic organizations.
- ⇒ Sports teams, health clubs, yoga studios and wellness centers.
- ⇒ Financial services companies – visioning workshops for your clients.



Thank you! You were so inspirational. This will carry with me throughout my life.”  
*Carrie, Worcester*

“I’ve had lots of positive feedback on ‘Mental Massage.’ People were really inspired by your message.” *Nancy, Lancaster*

“It was your presentation that influenced my job search. Thank you for helping me focus on my passions and dreams. I found my dream job!” *Cindy, Hudson*

“Thank you for inspiring us to Live Into Our Dreams. The audience was on fire, inspired by your self-assessment exercises. Thank you so much for offering us some inspiration.” *Wendy, Westford*

“You brought a sense of renewal to our organization—and gave many of us pause to truly reflect on how we are living out our lives, and who is ultimately responsible for our happiness.” *Jessica, Worcester*

“Thank you for the visioning exercise. You have helped set our Board on the right path for strategic planning and a vision for our future.” *Sarah, Auburn*

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