



Live Your Best Life – 8 Weeks to real freedom and change

Course Description

This eight-week webinar series offers a proven methodology to meet participants where they are in their personal and professional journeys in life. This program offers a toolkit for reflection, a life plan and real change through awareness, habit development and accountability.

Participant will: Take inventory of what's working in their lives and what they would like to change. Through a step by step plan for change individuals will identify key things that would like to make changes on in their professional or personal life and will then begin the analysis and change process.

Schedule

The course will run on Tuesdays, October 25 to December 13
Class time is from 12:00 PM – 01:30 PM, via Zoom

Requirements

To participate in this exciting webinar, we ask participants to commit to the following:

- Commit to attend all eight lunch and learn sessions
- Have your camera on at all times
- Complete assignments and share your perspectives
- Participate in discussions

About Facilitator

Tammy is a passionate, wise, thought leader; an intuitive optimization coach; and motivator of people. She is known for helping people align with what they are “hard wired” to do well personally and professionally, and helps professionals identify their passion to match who they are, with what they want do, and what they are good at.



Tuesdays online
12:00 – 1:30 PM



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Space is limited.

REGISTER if interested.

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