



# Reinventing

## Yourself From The Inside Out:

### A LIFE CHANGING WORKSHOP FOR WOMEN

Co-hosted by: Susan Kanoff, Fashion Coach & Ginny Williams, Life Coach

#### ARE YOU:

- Experiencing a life change such as: **Career Transition, Relationship Change, Weight Gain/Weight Loss, Mid-life Blahs, Empty Nest Syndrome**
- Unhappy with your self-image & confidence
- Looking to project an image that reflects who you are, inside & out

#### YOU'LL LEARN:

- How to deal with fears and self-limiting beliefs that come with any life transition
- How to break out of your comfort zone and get unstuck
- How to rejuvenate and update your look
- How to choose clothes that best suit your lifestyle, your body shape, and your budget
- How to unearth your inner and outer brilliance

**WHEN:** Saturday, May 1, 2010, 10 a.m. – 2 p.m.

**WHERE:** The Wyndham Boston, 123 Old River Road, Andover, MA, 978-975-3600  
[www.wyndham.com/hotels/BOSAM/main.wnt](http://www.wyndham.com/hotels/BOSAM/main.wnt)

# Reinventing Yourself From The Inside Out: A LIFE CHANGING WORKSHOP FOR WOMEN

**Fee:** \$99 includes workshop and lunch

**Register:** Online at <http://reinventingyourself.eventbrite.com>

**Major credit cards accepted**

**For More information:** Contact Ginny Williams 978.462.2334 or Susan Kanoff 978.807.0577

*Go confidently in the direction of your dreams...  
live the life you have imagined*  
~ Henry David Thoreau



**Coach Ginny Williams** is a professional business and life coach. Her nation-wide practice includes corporate clients, entrepreneurs, small business owners and individuals. Ginny has a deep commitment to the success and happiness of her clients. She has helped her clients start their own successful businesses, transition into rewarding careers and make profound changes towards more fulfilling lives.  
[www.coachginny.com](http://www.coachginny.com) | 978.462.2334



**Fashion Coach, Susan Kanoff** has a passion for fashion & a natural flair for style. She has the innate ability to create fabulous outfits for women of all shapes & sizes. Her background in social work & life coaching provides her with an in-depth understanding of women's issues relating to self-esteem & body image. In addition to working with private clients, Susan styles for television, print & fashion events.  
[www.agreatnewlook.com](http://www.agreatnewlook.com) | 978.807.0577