

Define Your Next Chapter with:
PEACE, PASSION & PURPOSE

Live a Life You Love!

Live a Life That Matters!



Hey Moms,

- Are you so busy that you barely have time to breathe and take care of you?
- Have you lost touch with important things you want out of life?
- Would you like to reduce stress for you and your family, and enjoy more balance, joy and fulfillment?

**IT'S TIME TO COME UP FOR AIR
& LIVE THE LIFE YOU TRULY WANT!**

A Workshop for Moms

Each of us has a unique, authentic way of being & special gifts to share with the world!

Are you letting your strengths shine and living to your full potential?

No one wants to wake up down the road with regrets...

Where do you want your life to be in 1 year? in 5? in 10? Are you on a path to get there?

What are you passionate to do next?

Sometimes it's hard to see and appreciate all we are & have to offer. But you and those around you will be better off when you do!

This workshop will guide you in:
Connecting with your unique talents/passions,
Discovering what you truly want (even if you don't know!),
Setting meaningful goals,
Succeeding in an action plan to be & do what you desire at home & out in the world!

If you're eager to escape auto-pilot mode, expand beyond neutral, and create a life that totally satisfies who you want to be & all that matters to you - the life you'd LOVE to have - join a Bella Vita Coaching workshop!



Workshops held in the gorgeous and peaceful setting of Black Ridge Vineyards, Los Gatos, CA

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