



Inspiring You! Transition Success Coach Program
"Easy & Exciting Transition to YOUR Next **Level**"
Your Journey with International Speaker, Author & Coach
Cynthia H. Stringer Begins...NOW!

Right now, in 2010, we must tap into our life's deeper purpose and message, and navigate thru transition with greater clarity and ease. In this monthly coaching group you will learn how to reduce worry, work through change and uncertainty with grace, make money at what you love to do, and generate specific strategies to keep you on track. To remain balanced and effective you must rely on your calm inner guidance. I will facilitate this process for you. This is why I invite you, and encourage you to bring everyone you love, to join us now.

Through her coaching, speaking, and consulting, Cynthia H. Stringer has helped thousands and thousands of people step up to the next level of success in all areas of their lives.

It's a powerful, structured program designed to guide you toward becoming your best self and accomplishing your most important goals.

Outcomes:

- Create a clear vision for you and your life
- Remove obstacles & stops in your life
- Develop a specific success strategy Work with a structured monthly curriculum for learning and inspiration
- Develop a weekly action plan is
- Maintain weekly accountability structure with yourself, a Master Coach and a class buddy
- Explore your personal motivation thru values path
- Learn specific networking tips and techniques



Your Transition Coach Program includes:

Monthly phone training call for 90 minutes

Coaching, 2 times per month @ 30-40 minute each

Monthly Success Handouts for you to put into a workbook that includes exercises, questions and inspiration.

Bonus gifts:

In person classes

Release limited belief sessions

1:1 coaching

Articles, assessments, mp3audio visualizations

Quarterly Networking events

- Weekly group coaching with Founder & Master Coach Cynthia H. Stringer. Review curriculum, ask questions, develop your strategy and stay focused
- A monthly teleclass on a topic related to your goals
- You'll receive processes and exercises to keep you on track
- A goal-setting and mini-course to help you clarify what you truly want to achieve in 2010.
- A worksheet covering 8 areas of life to assist in creating your goals
- A unique worksheet on completing your past
- A monthly Inspirational Sheet to plan your week. (People LOVE this elegant tool and the habit of filling it out each week.)
- Weekly articles, mp3 guided monthly visualizations, recorded calls, and blogs posted to www.Justmeans.com on Wednesdays
- Access to me via email to send questions that are compiled and shared with the entire group
- Every Friday, a thought-provoking "focus of the week" designed to expand your thinking.



- Phone sessions at a reduced rate (20% off my regular session price), as needed
- Online archive of all the group materials For easy access at any time.
- Forward momentum each week toward the creation of your best life and best self! All you have to do is take action and follow my coaching guidance.
- The material written and created for this program is specifically chosen each week for the needs of those in the group. I'm constantly attuned to the goals of the entire group and make sure I send out articles, questions and goodies that resonate the most and encourage you to live from your higher self.
- One new guided visualization audio per month. I'm skilled at creating these for my clients! Listen to it online or download to your mp3 player.
- One GROUP ENERGY call per month. Come to the call with your most challenging obstacles or block and we'll do limited belief energy clearing by accessing the deeper meaning and lessons from the situation. We'll then move into forgiveness, releasing the situation for greater success. You'll be more relaxed, energized and focused.



Curriculum:

Month #1: Personal VISION & understanding the power in Transition, Development of your Lifestyle and goals

Month #2: Identify your Unique Strengths & personal branding

Month #3: Creation of personal Strategy & individualized success tools

Month #4: Release everything that stops you, renew your inspiration and develop ongoing momentum and results

Investment: The first 3 months, with a fourth month included for free at \$497 or by the month at \$197.00.

How to join: Please email: teleseminars@successbydesign.net to arrange payment via paypal. If you would like to pay by credit card, please fill out the attached form including the credit card monthly charge authorization and send to: teleseminars@successbydesign.net or fax to 707-773-5408 or mail to Success By Design, 1275 Fourth Street, Santa Rosa, CA 95404 707-888-9378.



Q: What is the group made up of? A group of dedicated, successful, focused, goal-oriented, forward moving people. ALL focusing on the creation of successful easy transition during their career, business or life changes. With a series of momentum building teleseminars, articles, questions and exercises, Coach Cynthia will show you how to live from your HIGHER self while accomplishing your most important goals. This four month program begins February and renews every 4 months and you're invited to participate on a month by month basis or all year long. We'll begin the year with a goal-setting and visioning process so you're crystal clear about what you want to accomplish in 2010. You'll also be able to arrange single session coaching calls for an extra fee.

Q: Is there a format?

A: Yes, one group teleconference, weekly coaching sessions, and emails sent on Sundays, Wednesdays and Fridays.

SUNDAYS: You'll get a Inspirational Sheet to fill out and send back to Cynthia and a class buddy, detailing your action items for the week and sharing your wins/challenges.

WEDNESDAYS: You'll get a bonus item (such as: articles, assessments, mp3 audio visualizations, invitation to a group energy call, etc)

FRIDAYS: You'll get a "question of the week" designed to make you think and grow past any limitations while creating your personal strategy for your best life and thriving during change.

Q: Is Cynthia teaching any specific concepts?

A: Yes, there are 5 core elements to the program that we'll address EACH week. The weekly Inspirational form asks you to be accountable for doing each of the 5 things.

Here's a preview of the five essentials:

1. *Clarity* - being clear about you, your goals and focus for the week
2. *Action* - create forward momentum by taking concrete steps each week related to your unique goals
3. *Energy* - identifying and removing energy blocks and distractions each week PLUS practicing healthy rituals that encourage you
4. *Inspiration* - take time to feel infused with gratitude for your blessings and activating the law of attraction
5. *Shifting* - looking at your life through a new perspective, encouragement to live from your higher self.



Q: Is there more to the program?

A: YES! You may sign up for private in person or phone coaching with Cynthia. We will also have occasional guest speakers.

Q: Is everyone working on the same goals in the program?

A: No. Each person's goals are as unique as they are. You'll have flexibility to work on any goals that are important to you. We are all focused on creating happy and fulfilling lives. Some clients are working on major life transitions and others are focusing on minor refinements. Some are starting new careers, or businesses or looking for work, or relationships. . Some people may work the program for one specific goal like losing weight, getting out of debt or going through a major life change. And, some are dedicated to goals that are more energetic in nature such as being "gracious" or "peaceful". You can work on things you want to DO or how you want to BE. Both are covered in this program.

Q: What if I don't know what my goals are?

A: Don't worry! During the first week of the program, you'll be guided through the process of clarifying your goals, wishes and dreams. It will become crystal clear to you if you simply follow along.

Q: I'm already busy and don't want to add more to my daily list of things to do.

A: No problem! You'll learn how to release things in your life, focus on what is most important and stay focused. You'll need about one hour each week to properly devote yourself to you and your goals.

Q: How long does the program last?

A: As long as you wish. You'll remain in the program on a month-by-month basis as long as you're receiving value. We'll begin in February 2010 and finish before the Holiday season.

Q: What can I expect to have at the end?

A: Carving out your best self as you move through transition takes time. You'll see it unfold each week. Many clients report tremendous personal growth and positive changes right away. The more you stick with the program, the better your life will become and easier it will be to move through transition. You will learn life skills to serve the rest of your life. It's all up to you.



Q: I am excited! How do I sign up?

You can sign up by teleseminars@sucessbydesign.net You will receive the first 4 months for \$197, when paid in full, or monthly at \$97.00.

Our Guarantee, Refund and Transfer Policy:

We want you to experience the full value of our course. If you discover after the second week of the course that it's not a match for what you're needing, simply email (teleclasses@successbydesign.net) office and we'll gladly give you a full refund.

If you're unable to keep up with the pace of the course due to your current life circumstances, you may put on hold your start date for up to 6 months.

If by the end of the course you haven't experienced a breakthrough or change in your life by fully engaging the lessons, exercises and participating in the calls, I will offer you a 50% refund. This must be noted within 72 hours of the course completion, otherwise there will be no refunds.

You must attend and participate in 75% of the calls, weekly Inspirational Sheets, review the material and ponder the weekly question to have this policy be eligible for you to partake in.

Q: May I use PAYPAL or credit cards to sign up?

A: YES Credit card is preferred. Please download the form and email or fax to 707-773-5408. You may also via Paypal by sending funds to teleseminars@successbydesign.net

Q: What are people saying:

"Cynthia was invited to come to Sonoma State University to lead a workshop as part of the Fall Staff Development Lecture Series. She spoke on Thriving in Uncertain Times. Her workshop material was timely, her presentation style was energetic, inclusive and interesting. Comments received back from participants were 100% positive and we would like to invite her back."

Janet Henker

"Cynthia will help you set goals in all areas of your life, not just your career, and give you innovative and elegant strategies for accomplishing these. I still review her materials and our sessions as they continue to be pertinent and timely."

Diane Ainsworth



"Cynthia delivered what she advertised – a plan for my success. I am now better prepared to move forward with my career and home life with increased focus and clarity. I now have the tools needed to prepare, update, and evaluate my personal growth and performance. I recommend spending time with Cynthia to impact and support your life choices."

William Putnam

"Cynthia is a competent professional, capable of successfully completing any project and supporting you in your goals.

She's GREAT!"

Sue Zipp

"Cynthia is an excellent presenter and was very effective. She has an ability to communicate and to listen and respond to questions and concerns."

Mary McClary

"Thank you! My husband took the job and got his salary up by \$7,000 after your coaching sessions with him. We are thrilled."

Jane G.

Q: Who is Cynthia and what qualifies her to coach me?

Master Business & Career Coach **Cynthia H. Stringer** M.Div, PCC is a Master Transition Coach, Transformative Educator, and author, with Success By Design and has been in business for over 16 years in New York City, Chicago and the Bay Area. She is one of only 3 certified coaches featured in the Chicago Tribune due to her marketing savvy and pioneering business models. Her clients have included companies and individuals in England, Japan, Australia and the United States. She is known for her ability to assess business problems quickly and identify a plan of action. Her customized, step-by-step business and life coaching programs facilitate clients to increase profits while enjoying life more.

She specializes in relationship networking, business integration, inspired leadership, and accountability for your bottom line. Ms. Stringer clarifies hard to resolve problems and facilitates clients to think outside the box, ask different questions and be successful. Her readership is global reaching nearly 12,000 people weekly. Visit her web site: www.successbydesign.net and sign up for her weekly newsletter.