



Choose from these transformative workshops or request a customized workshop based your group's unique needs.

**Birthing Exercises for your Dream Life** (2 hours)

Regardless of sex or age, we are all fertile dreamers! Tara will inspire you to dream big and take the next steps to give birth to your dreams. Based on her book *Are You Pregnant With a Dream? Birthing a Dream: Conception to Age 5*, this workshop offers tools and exercises for bringing your life dreams to full-term, moving beyond fear and into joy. If you are unsure of what your dreams are, or are intimidated by the process, this playful, powerful workshop is for you! You will:

- Create a clear list of what you truly desire.
- Gain resources and an understanding of the power in sharing and declaring your dreams.
- Identify specific action steps that stretch your limits, without inducing "labor pains."
- Connect with the excitement and passion of conceiving your dreams.

**Transition for Success** (2.5 hrs)

Transitions, while at times intimidating, are an opportunity for transformation and reward. This interactive workshop introduces a step-by-step model for successful transitions that is rooted in self-assessment. You will set specific, manageable goals, pinpoint core motivations, and engage in strategies for success.

**EnList In Your Dream Life** (Two 2-hour sessions)

Tara will teach, inspire, and guide you through the creation of two powerful lists. These two distinct lists have the power to transform your life, give you the confidence to dream big, and motivate you into action, intentionally creating a life you love. If you are unsure what your dreams are or feel you just don't have the time or energy to pursue your dreams, this workshop is for you! You will:

- Create two distinct lists to propel you toward a higher quality of life and your desired future.
- Gain a deep understanding of your power to create the life you want.
- Refocus your energy, put an end to procrastination, and ignite authentic sources of motivation.
- Connect with the excitement and passion of your life goals and dreams.
- Leave with clear action steps, peer support, and built-in accountability.
- Garner support and inspiration from others.

**Team Building** (2 sessions)

Session 1: This group coaching session is an information gathering and goal-setting session. Through the assessment of positive aspects of your team dynamics, as well as framing current challenges, we will create a shared vision of success, identify next actions, and create a network of accountability. (1.5 hrs)

Session 2: Through prompting discussion questions and focused listening, we will identify the core values, strengths and motivators of each individual as it relates to the work environment. Based on this information, avenues to apply individual gifts, styles, and inclinations are explored for the benefit of all concerned. (3 hrs)

(Tara's presentation fee is \$125/hour + travel expenses beyond 30 miles for all workshops listed above.)

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**Organizations Double Their Money With The Dream Circle!**

(Scroll down to learn more.)

## The Dream Circle: a powerful, affordable, fun, 5-week program



The Dream Circle is a group-coaching format that supports people in all stages of bringing their dreams to life.

If you're not sure what you dream of, The Dream Circle helps you identify it...  
If you have a sense what you want, The Dream Circle helps you nurture it...  
If you clearly know what you want, The Dream Circle helps you manifest it...

Read Dream Circle Testimonials at  
[http://createyourlifeinc.com/workshops\\_retreats.htm](http://createyourlifeinc.com/workshops_retreats.htm)

This dream-propelling workshop combines a profound manifestation process with accountability and a format that offers dedicated time, joyful guidance, gentle structure, creative inspiration, and customized support. Share in energy, diverse life experiences, insights and ideas to honor and celebrate the wisdom of your dreams and the longing of your soul.

Learn how to:

- Create and accelerate momentum around your dreams.
- Allow ease and grace in your experience.
- Discover resources that seemed out of reach.
- Allow limiting beliefs to fall away.
- Gain clarity around ideas and visions.

### How Organizations Can More Than Double Their Money:

Our recommended group size for a Dream Circle is six (four minimum, eight maximum). We have found groups of six to be ideal in the sense that:

1. Each participant is ensured plenty of personal attention in a group this size.
2. More than six people may result in sessions feeling rushed or going longer than scheduled.
3. The variety of life experiences and perspectives contribute to and enrich the creative process for everyone.
4. This size allows for ease in accommodating groups in a living room, office, public library, park, etc. Anywhere you can seat seven (six participants + facilitator) in a circle is sufficient space for a Dream Circle.

To secure dates on the CYL calendar, your organization must make a deposit of \$150.00 (\$25.00 per person x 6). When you recruit 6 people, you'll earn \$25/person or \$150. This means that upon completion of the Dream Circle, your club or organization will be refunded your \$150 deposit, *plus* receive another \$150 as your share for a group of six.. Double your money! In the event that you register 5 people, you will be refunded \$125 *plus* another \$125. If you register 4 people, you'll be refunded \$100 *plus* receive another \$100. Wow! You really can't lose. If for some reason you aren't able to register at least four people, we will hold onto your deposit and apply it toward a future date.

Your club will also have the option of offering a member rate (\$195) and a non-member rate (\$229), This is one more way to demonstrate the benefits of club membership, while also increasing your profit margins. *When non-members register, CYL pays the additional \$34 registration fee directly to the club or organization!* In the event that an organization wishes to pay all or part of the registration fee on behalf of its participating staff or members, this option is available as well.

**Contact Tara Sage Steeves with questions or to schedule.**

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