



## Road to Self Discovery Wednesdays June 6 – August 1

Living a balanced and fulfilled life begins with self-discovery and exploration. **The Journey** class is designed to support you in discovering your true/authentic self in an intimate group setting. Class size is limited to ensure a personalized program. Classes begin on Wednesday June 6 – August 1 at 7:15 – 8:30 PM at *Inspired By Sepideh* in Westlake Village. **There will be no class on July 4.** These classes are designed to help you:

- I. Have more clarity on who you are and what your life purpose is
- II. Re-discover forgotten dreams
- III. Identify fears and blocks that are stopping you from moving forward
- IV. Learn techniques to cope with fears and remove blocks
- V. Set goals and receive coaching around your goals
- VI. Explore options
- VII. Enjoy your journey

Sepideh Yeoh who has been coaching clients since 1998 facilitates all classes. Her passion is helping clients realize and achieve their potential. Please visit [www.inspiredbysepideh.com](http://www.inspiredbysepideh.com) or call (818) 857-2320 to get more information about services offered at *Inspired By Sepideh*, Life and Career Coaching Services.

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Name:

Phone:

Address:

Current client  yes  No      Payment  \$40/class       \$280/8 classes (\$40 saving)

Please mail or drop off this form and payment to:

*Inspired By Sepideh*  
3625 E. Thousand Oaks Blvd.  
Suite 161  
Westlake Village, CA 91362

Please make checks payable to: ***Inspired By Sepideh*** Payment is due no later than the first class.

Questions? Please call 818-857-2320