



Free 90 minute Meet-Up Sessions

The Practical Neuroscience of Finding and Living Your Life Purpose - September 20, 2010 with Dianne Greyerbiehl

What brain states underlie discovering deep meaning in your life and optimal performance? How can you use your mind to stimulate these same brain states?

Through this presentation, you will learn effective ways to deal with difficult states of mind including stress, low mood, distractibility, relationship issues, anxiety, sorrow and anger that act as barriers to finding and living your life purpose. But the main focus will be on finding and living your life purpose through ease in thinking with your intuitive mind, noticing what works for you and how that builds purpose at work and home. This will be a practical guide to your brain along with tools you can use to gradually create the purpose and meaning-driven business, work and life you REALLY want.

Dianne is the founder and president of Life Coaching Institute. She has over 20 years experience as a Life Coach and has been a founder in the field. She has over 30 years experience as a Counselor, Communication Specialist, Professor, Professional Trainer and Organizational Consultant. Dianne is a Master Life Coach and holds four advanced degrees: an interdisciplinary Ph.D. in Neuro-cognitive Psychology and Speech Pathology, Master's degrees in Speech Pathology, Counseling and Business.

Focus On The Negative - October 18, 2010 with Steve Huskey and Holly Kraus

Focus on the negative? Isn't that a strange position for a couple of avid proponents of positivity and the teachings of positive psychology to take? It may seem so, but consider this. Research shows that there is a ratio of positive to negative experiences that leads to a "tipping point" of positive emotions that can literally change your life. That tipping point ratio has been proven through experimentation to be 3 to 1, or 3 positive experiences or positive emotions for every negative experience or emotion. (The average in America is 2 : 1.) Now, to reach the magic number of 3 to 1, where positive changes start to take hold and help improve your life, you can increase the positive experiences or . . . you can decrease the negative experiences. In October's meet up, Holly Kraus and Steven Huskey ask you to focus on the negative and consider ways in which you can minimize negative experiences and emotions.

Holly Kraus is a Nationally Certified Counselor and Certified Life Coach with over 20 years of volunteer and professional experience in coaching, counseling and supporting others to achieve their life's goals.

Steven Huskey, CTC is certified as a transformational coach through the Life Coaching Institute. Steven is a Change Master at Excelerator Coaching Services where he delights in working with people who want or need to make changes in their lives in order to create the life they want.

Is Your Subconscious Mind Holding You Back? You can change it! - November 15, 2010 with Vicy Wilkinson

Do some things seem really difficult for you even when you believe they should be simple? Do you have a habit you've tried to shake that just keeps coming back, even though there's no "logical" explanation for it? We

have all experienced times of frustration when we just can't seem to DO what we really WANT to do... and instead the opposite just continues to happen. In this session, Vicy will give you a brief overview of *The Biology of Belief* by Bruce Lipton and how your subconscious belief systems undermine your conscious goals and objectives. And the fun part will begin when we explore ways to actively CHANGE those pesky subconscious beliefs that get in your way! Vicy holds a Masters degree in the Philosophy of Science and Mind and is a certified transformational life coach specializing in holistic wellness and creating your own life harmony.

TBA - December 20, 2010

TBA - January 17, 2011

Meet up Information:

Third Monday - 6-8pm

**Coffee & Crema @ Forest Park
(Near Fresh Market)**

**27 S. Pleasantburg Drive #130
Greenville, SC 29607
<http://coffeeandcrema.com/>**

For more information, please visit www.LifeCoachingInstitute.net, call Life Coaching Institute 282-8989 or email <mailto:Dianne@LifeCoachingInstitute.net>.