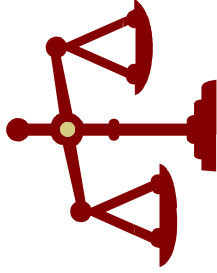


Bridge the Gap in Your Life!

BALANCE: CAREER, FAMILY & SELF



*Balance energy & capacity, and acquire full
engagement in all aspects of your life*

5 Questions for Happiness

- 1) Is the pressure of balancing your home and work life getting you down?
- 2) Do you wish you had more time for your family and friends?
- 3) Do you struggle to find time for yourself?
- 4) Is your work taking over your life?
- 5) Are you concerned about or have been told your health is at risk?

What's Your Plan to Fix It?

HOW WILL WORKING WITH BILL BENEFIT ME?

Here's what some clients had to say:

I have found the Work Life Balance program to be an invaluable tool in honing my leadership & management skills whilst tempering the energy flow in my family & personal life...to connect better with staff at work & find the time to reignite my relationship...The skills learned will be with me for life. I can highly recommend this course for any excessively busy business person.

**Mara E., Director of e-Commerce & Business
Gold Coast Institute of TAFE, Queensland**

After only working with Bill for 4 weeks, his coaching has allowed me to set up a number of strategies that have improved the workflow in my business. He has helped remove the clutter and focus on tasks that produce long term benefits for me and my team. I'm really looking forward to continuing to develop these strategies so that the workplace not only becomes more profitable, but fun as well! I have no hesitation in recommending Bill's excellent coaching service.

**Brady D., Managing Director, Look Advertising,
Brisbane**

Bill not only taught me to set goals but how to actually achieve them. My sales that year doubled and so too did my salary. My work became like a sport that I loved to play. Just having someone who listened with your best interest at heart was the greatest thing of all.

**Rachel K., Team Leader, Kingsford Flight Centre
Sydney**

Contact Bill Lee-Emery

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Phone 07 55 34 3882
Mobile: 0410 55 9875
<http://www.altitudealliance.com>
PO Box 508 Palm Beach 4221

"Our success is linked."

THE

GOAL:

Energetic
Balanced
Thriving
Healthy
Focused



YOU:

Tired
Stressed
Health concerns
Irritable
Low energy
Unfocused

HOW DO YOU BRIDGE THE GAP IN YOUR LIFE?

You see it. You and others can feel it. You know there's a gap between where you are and where you want to be.

What's your plan to make the leap?

LOOK INSIDE &
DISCOVER...

YOUR OWN WORK-LIFE-BALANCE COACHING PROGRAM

Finally...a customized, private 6-month program that changes your life in only a few hours per week over a 6-month period.

By focusing on your **CHALLENGES** in today's tough workplace and the resulting pressure on relationships, health and self, we'll define the issues that can drain your energy and focus

We will tackle your specific **SYMPTOMS**: lack of energy, weight issues, trouble focusing, irritability, mental exhaustion, anxiety, and other important issues.

We will craft a custom solution after we define **where you are** versus **where you want to be**. Then we'll **BRIDGE THE GAP**: design a 6-month plan, create strategies, gather resources, and work together via phone and email.

Picture it: Energy, balance, focus, health. Isn't it a great feeling?

Close the gap for good.

ABOUT BILL LEE-EMERY

- 25 years as a training consultant and coach (personal, business & executive).
- Author of "Stop Procrastinating."
- Specialises in accelerated learning techniques, teaching relaxation, mental focus and emotional stability.
- Has helped thousands of clients improve their quality of life and reach their goals.
- Trained elite, world-class sportspeople, including the Australian National Skydiving Team.

ARE YOU A CANDIDATE FOR THIS PROGRAM?

"This program isn't for everyone. As a matter of fact, I don't accept just anyone into this intensive, life-changing 6-month program.

I have a limited number of places open, and prefer to work with clients who are ready to give it their very best effort."

People who thrive in this program typically:

- Are senior managers, executives or entrepreneurs
- Are feeling higher levels of pressure than usual
- Notice or are told they are having problems with key relationships
- Feel more irritable, tired, overwhelmed, or unfocused than usual
- Want to set up systems to avoid unnecessary pain in the future, or have enough pain in their lives to be highly motivated to change
- Can commit to set aside 1-3 hours/week for the program, despite a hectic schedule
- Agree to undertake health, exercise and diet assessments as appropriate

WHAT'S THE INVESTMENT?

What is your total investment to better balance the demands of work with the needs of your family?

- 1) **Time**: Two 1-hour phone calls per month for 6 months, plus 1-3 hours per week to study and put the ideas in practice.
- 2) **Money**: Your investment to get your life back is \$3,500 (+GST) for the customized, private 6-month program!

Isn't it time to maintain and exceed your professional goals and lead a fulfilling personal and family life?

TAKE ACTION TODAY!

Check your choices:

- Fee**
\$3,500.00 (+ GST)
- I am ready to sign up! Charge me per the terms below and let's get started.
 - I'm interested, but need more information and details from you.
 - I would like information on other programs or one-on-one coaching sessions.
 - Sign me up for your 'On Track' Ezine full of tips and info!

Name _____

Address _____

Phone _____

E-mail _____

Method of Payment

- Cheque MasterCard/VISA
- Invoice me Direct Bank transfer

Credit Card No. _____

Exp. Date _____

Signature _____

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