

## *Understanding Yourself*

### **Helping People Find Their Personal Vision**

(NAPSA)—There's hopeful news for those who want to make profound and lasting changes in how they live. A personal training program has been designed to help people tap in to their inner wisdom and passion and access and use the tools of self-empowerment.

This personal development program is designed for individuals who are ready to embrace change and are seeking clarity about what is next in their life.



The program, called Living Your Vision<sup>®</sup>, is the signature course of the inviteCHANGE organization. Conscious choice and lasting change happen most powerfully from the inside out. In Living Your Vision<sup>®</sup>, participants begin with the exploration of what is important, at the center or heart of themselves, and then discover how to choose and act in alignment with that center, leading to sustainable, conscious living in all areas.

Beginning with a three-day workshop, participants tap in to their essence, learn how to express that personal vision and then identify their purpose by which that vision vibrantly lives. The workshop is followed with 10 weekly telephone sessions with a certified coach and licensed Living Your Vision<sup>®</sup> facilitator.

To learn more, visit [www.invitechange.com](http://www.invitechange.com).