



inspire
fitness for wellbeing

presents



One Inspiring Day

Sunday
November 29th
8:30 - 5pm

Facilitated by
Bettina Tornatora
(Life & Business Coach)
from Hold the Vision
Education Trust

Is it time for change?

**A full day of learning and growth to inspire,
challenge and get you closer to your ideal life**

PURPOSE

Your reason for all that you do

VALUES

What is important to you?
How do your values determine
your success and your pathway

GOALS

How to find them and make them real
Give them meaning and a plan
to achieving them

Only \$250 per person Materials and light refreshments provided

BOOK NOW at reception - places strictly limited

317 Doncaster Road, North Balwyn Phone: 9857 3007