

# MAXIMIZE YOUR POWER OF CHOICE

## THE MESSAGE

By changing your thoughts and beliefs you can profoundly change your life for the better. Maximize your power of choice.

- Do you feel like you have permission to control your time and responsibilities?
- Are you ready to gain power and control over your choices that you hadn't realized before?

Maximize your power of choice and stop sacrificing your health and well-being. Learn how to change your beliefs to create a life and career you love. **YES!**

## MOIRA LETHBRIDGE

Author. Speaker. Executive Coach

THE PLAN: PERSONALIZED COACHING, KEYNOTE, AND WORKSHOP

This simple Maximize Your Power of Choice process will empower you to:

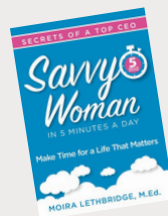
- Move from thoughts of scarcity and unworthiness to abundance and worthiness
- Identify the stories that keep you stuck and learn how to get unstuck
- Choose how you spend your time and energy in a way that serves you and others well

Moira has presented keynote speeches and workshops on the Power of Choice to all leadership levels in both corporate, civic, and nonprofit organizations. The session is customized to include each organization's specific culture, values, and desired outcomes.

Moira Lethbridge, M.Ed., ACC, executive coach, author, speaker, University of Richmond MBA adjunct faculty, is the principal and owner of Lethbridge & Associates. As a former President and CEO, she draws on twenty-five years of organizational experience and success to help individuals and companies increase their productivity and improve their performance.

### THE DILEMMA AND YOUR GUIDE

Have you valued only those things that are 'productive and revenue generating' and neglected your own health and well-being? We have an epidemic of high-performing women driving themselves into the ground. To do more, be more, have more. I understand where you are. I lived this experience. I was successful on the outside yet felt something was missing. As a former President and CEO, I've held positions in all phases of executive leadership. I am certified to administer professional development tools and have a master's degree in education, yet I was stuck. I dug in and did the work to reshape my thoughts and beliefs and maximize my choices both personally and professionally, and I will help you find the same freedom. Our thoughts and beliefs create our experiences and by changing our thinking and beliefs we can profoundly change our lives for the better.



Savvy Woman In 5 Minutes A Day: Make Time For A Life That Matters



The Gift of Receiving – Release the Shame and Guilt That Block You from A Rich and Delicious Life

Learn more at:



[moiralethbridge.com](http://moiralethbridge.com)



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