



Stop believing
self-defeating lies!

You are
enough
already!

Find out more about this upcoming seminar!

Register now for the #Enough Already seminar!

Saturday, January 21 | 9am-12noon

Biggy Coffee | Maumee \$49/per person

- Learn how to stand tall and walk with confidence - even in high heels!
- Practice basic communication skills so that everyone will want to talk to you.
- Discover how to dress your best, no matter your size, shape or style.
- Identify self-defeating thoughts and fight back!

Seminar presenter Barb Roose is a speaker, author and life coach with over 15 years in leadership and personal development. Barb's style is powerful, personal and practical with a generous seasoning of stories and humor. She is a licensed life coach through Reiso Resources in Perrysburg, OH.



**complete information and
registration at
barbroose.com/coaching**

Seminar for women aged 16 and over, no matter age or stage in life.