

Self Discovery Pages

On-line Newsletter from Sylvia Plester-Silk

April 2010 Issue

The Winds of Change Are Blowing!

As I write this newsletter to you, I am in contemplation of the changes that are about to occur in my business. The winds are blowing me into a new venture, and consequently, away from the comfort of energy work and/or counseling. So, I am anticipating that by the end of August of this year, my individual work with clients will come to a close.

In the meantime, I will be working on a short-term model (1 to 4 sessions) with individuals to focus on a specific concern to help you resolve it. Only available for 4 more months!

Is there a goal you have been wanting to attain, but need help to get unstuck to get there? If so, my **new Goal Attainment Group** is for you! We will create a supportive forum to help you figure out the steps, to brainstorm ideas and break your goal into achievable tasks. Finally, we will help you by holding you accountable to work towards your dream. The cost of this 4 week group is **only \$99 plus taxes**. Call today to book your spot!

So, I anticipate that you may be curious what my next steps will be. I believe it is time to take my knowledge and experience into business and workplaces to assist teams to increase morale, motivation, cooperation and communication skills. I am optimistic that my role will help to increase loyalty and productivity in addition to making the workplace a more positive and fun place to be. If you have a great title to describe this, please email me with your input!

In addition, I am aware that Isagenix will continue to play a role for me. I believe that my third prong will be public speaking that will share my story and insights to inspire others to be the very best they can be ... and to recognize within themselves their abilities and gifts!

So, if you are thinking about coming to me either individually or as a potential group member, call soon. If you know of workplaces that could use such a person to assist in motivation and employee happiness and/or someone who is looking for a motivational speaker for an event, please call me! I'd also appreciate it if you would be willing to give my name to your contacts.

I would like to let you all know that it has been a great honour to assist and witness your personal healing journeys over the last several years. I will hold your stories of risk taking and courage during times of change in my heart as I embark on this new journey!

To track my personal journey check out my blog at www.plestersilk.wordpress.com where I will be sharing my Inner Ramblings!

With Gratitude, Sylvia



Goal Attainment Group – Thursdays 6 – 7:30 p.m. ~ for four weeks **beginning May 6**. You must pre-register and prepay for the group. Call or email Sylvia to reserve your spot at 519-822-3776 or Sylvia@plester-silk.com

Individual Sessions – I will be seeing clients on a 1 to 4 session basis until August if you want some assistance with your personal issues. This will be your last opportunity to work with me on an individual counseling/energy work basis.

Inspirational Speaking – Let me know if you are seeking a speaker for an upcoming event. Go to <http://plester-silk.com/publicspeaking.htm> to get more information about topics I present on.

Akhashic Record Consultations – I will also be available until August to do an individual Akhashic Reading for you to look at the underlying causes of life challenges and thus provide insight to help you move forward in life.