

Parents ~

**Are you feeling overwhelmed with too much to do and not enough time?
Do you love the holidays, but dread the pressure that can come with them?
Would you like to learn how to coach yourself through it all?**

I am excited to invite you to a free teleclass I am giving as my gift to you this holiday season. Family relationships are some of the most important connections we make. They can also be the toughest ones to navigate and family gatherings can trigger unresolved feelings, undesired patterns of behavior, and outdated roles. I would love to support you in processing the pressure so that you can fully engage and enjoy your family this holiday season!

In this one-hour teleclass, you will have the opportunity to:

- Identify beliefs that add to the overwhelm
- Learn how to process guilt, shame, and stress
- Connect with other parents facing similar challenges
- Receive support while offering your valuable insights
- Experience group coaching first-hand

Parenting Power Tools Teleclass!

Join us for this teleclass and turn your holiday gatherings into the connections you desire!

Should vs. Could: From pressure to peace

Monday, December 17, 2007 from 7 to 8pm Pacific Standard Time

Led by: [Cassandra Rae](#), certified professional coach

Registration required ~ Cost: no charge

To register send me an email at Coach@CassandraRae.com and I will send you the class materials along with the telephone number and access code (long distance rates may apply). If you are interested, but can't make the date & time, then please register anyhow. You will still receive the materials and the class will be recorded, which means that you will have the opportunity to listen at your convenience.



Cassandra Rae is an author, inspirational speaker, and certified professional coach. She works with parents and teens, who are frustrated, confused, and fearful about the future, who want to communicate better, fight less, connect more, and simply enjoy loving and respectful family relationships. Are you ready to rock out your family life and relationships?!

Cassandra Rae, parent & teen coach

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