

The Challenge and Opportunity to Fully Live the Commitments of a New Year

A workshop for lawyers, presented by

Coyne Coaching and Consulting, LLC

Friday, January 17, 2014
Talon Performance Business Center
5891 Cedar Lake Road, St. Louis Park, MN

Greetings

As we enter into 2014, many of us will make a resolution or two. In doing so, we grapple with the question of **what** we will commit to do. Some of us want to build a bigger practice; others to create more time for self and family; while others prepare for retirement.

Oh, that it would be that easy - simply to decide what we want. Too often we discover that we can't "Just Do It," as the Nike ad promises. We learn that willfulness alone does not make it possible to make good on our commitments. We must learn **how** to bring our whole selves to our commitments and live them day by day. We need the support of people who believe in us and will hold us accountable, and practices that will sustain us over time. We will then be able to embody our commitments and live them fully.

We can help you answer the "what" and the "how" questions, as you make and keep your commitments. Our confidence is based on the fact that we have helped many people deliver on their commitments and create the future they want.

What You Will Learn

In this workshop you will:

- Identify who and what you deeply care about, and why it matters to you;
- Learn how to speak about your commitments and enlist the support of others;
- Discover how you react under pressure, and how to better manage yourself when provoked;
- Learn conversational and physical practices which will help you live your commitments;
- Identify specific and practical next steps to implement what you've learned;
- Connect to the wisdom of the body.

Among the comments from lawyers at our previous course:

- *"They provide sustainable practices that anyone can easily learn and incorporate to gain clarity and resolve in achieving goals... A day not to be missed."*
- *"Come prepared to be challenged and to grow."*
- *"Very meaningful for my work life and, more importantly, my remaining years outside of practice."*

Dennis Coyne is a retired lawyer, having successfully practiced law for more than 35 years. He is a certified Strozzi Institute Master Somatic Coach, and is also certified by the Hudson Institute of Coaching. Dennis brings his many years as a lawyer, writer, and conference presenter to his work.

Billy Anderson is a somatic bodyworker and coach, bringing 13 years of experience as a Master



Personal Trainer for Life Time-The Healthy Way of Life Company. He is also a dedicated practitioner and teacher of meditation, and instructs courses in sea kayaking.

Dennis and Billy have worked with clients to integrate mind, body, and spirit; take effective action; and create the future they want. They are informed by their study of Aikido, a Japanese martial art devoted to the study of transforming conflict into harmony.

Join Us

Register by 1/1 for only \$295, or after 1/1 for \$325*. Resource materials will be included, and an application has been made for 6.5 hours of CLE credit. We will meet for a full day, beginning at 8:30 a.m. and concluding at 5 p.m.

Questions are encouraged. Reach Dennis at 763.577.0546 or dcoyne@denniscoyne.com.

Please join us. Come as you are. Together, we will envision your future and help you create it.

Registration

To register please send a completed form with check payable to Coyne Coaching & Consulting, 10835 57th Avenue North, Plymouth, MN 55442.

*Cancel by 1/10 for a full refund less a \$25 administrative fee.

Name

Organization

Attorney ID #

Address

Phone

Email