

Spread Your Wings and Fly! with Lauren Sullivan

Teleseminar Series April 22 – May 22, 2008

Attend live and/or listen online or download to your MP3 player.

Tuesday April 22, 2008 12 noon PST	Dotsie Bregel <i>“Boomer Women: Finding Joy in Midlife”</i>	Listen Online Now Download to Your Computer More Speaker Info
Tuesday April 22, 2008 3 pm PST	Peggy McColl <i>“Turning Fear Into Faith”</i>	Listen Online Now Download to Your Computer More Speaker Info
Thursday April 24, 2008 12 noon PST	Kara Oh <i>“Singles: Let the Real You Shine Through”</i>	Listen Online Now Download to Your Computer More Speaker Info Special Offer: “Let the Real You Shine Through”
Tuesday April 29, 2008 12 noon PST	Drs. Charles & Elizabeth Schmitz <i>“The Marriage Doctors Talk About The Secrets of Successful Marriage”</i>	Listen Online Now Download to Your Computer More Speaker Info
Wednesday April 30, 2008 12 noon PST	Judith and Jim <i>“It’s Never Too Late to Be Smart About Dating”</i>	Listen Online Now Download to Your Computer More Speaker Info Special Offer: “Inside Secret to Smart Dating”
Thursday May 1, 2008 12 noon PST	Tricia Greaves <i>“De-Stress, Eat Less! 7 Simple Strategies for Ending Emotional Eating”</i>	Listen Online Now Download to Your Computer More Speaker Info Special Offer: “JumpStart Kit”
Tuesday May 6, 2008 12 noon PST	Sandy Grason <i>“Be the *Rock Star* of Your Life”</i>	Listen Online Now Download to Your Computer More Speaker Info Special Offer: “Masterminding to Manifesting” e-Book

<p>Wednesday May 7, 2008 12 noon PST</p>	<p>Jacquelyn Aldana <i>“How to Become an Irresistible Magnet for Love, Money & Miracles”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Offer: “3-Minute Miracle” e-Book</p>
<p>Thursday May 8, 2008 12 noon PST</p>	<p>Jenifer Madson <i>“Let’s Talk Money: Coaching Yourself to Financial Success™ Coaching Yourself to Financial Greatness”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Offer: 30-min. Financial Strategy Session</p>
<p>Tuesday May 13, 2008 12 noon PST</p>	<p>Carolyn B. Ellis <i>“Thrive After Divorce: Turning Adversity into Opportunity”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Report: “Secret Parenting Secrets”</p>
<p>Wednesday May 14, 2008 12 noon PST</p>	<p>Bill Losey, CFP®, CSA <i>“The 10 Biggest Mistakes People Make When Retiring & How YOU Can Avoid Them”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Report: “The 10 Biggest Financial Mistakes”</p>
<p>Thursday May 15, 2008 12 noon PST</p>	<p>Dr. Cindy Brown <i>“Make Love, Not War: Healthy Communication Secrets for Your Love Relationships”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Offer: “Relationship Success Kit”</p>
<p>Tuesday May 20, 2008 12 noon PST</p>	<p>Lisa Crisalle, CFNS <i>“Mind, Body & Nutrition – The Three Key Elements to Achieve Your Lifestyle Transformation – No Matter What Your Age”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Special Offer: “5 Simple Secrets Doctors Won’t Tell You About Getting Lean & Healthy NOW!” e-Book</p>
<p>Wednesday May 21, 2008 12 noon PST</p>	<p>Barbara Friesner <i>“Top 5 Ways to Resolve Your Eldercare Issues by Choice, Not Crisis”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info AgeWise Newsletter</p>
<p>Thursday May 22, 2008 12 noon PST</p>	<p>Natalie Caine <i>“The Joys and Challenges of Empty Nest, and How to Have a Healthy Relationship with Your Adult Children”</i></p>	<p>Listen Online Now Download to Your Computer More Speaker Info Empty Nest Newsletter</p>
<p>Cancelled due to a family emergency – sorry!</p>	<p>Carol McClelland, Ph.D. “Bringing Passion and Purpose to Your Career”</p>	<p>More Speaker Info Dream Career Workbook</p>



Dotsie Bregel
Founder of the *National Association of Baby Boomer Women*

www.NABBW.com
www.BoomerWomenSpeak.com

Boomer Women: Finding Joy in Midlife

Tuesday, April 22nd (12 noon – 1 pm Pacific Time)

Dotsie Bregel, founder of the *National Association of Baby Boomer Women*, www.NABBW.com and www.BoomerWomenSpeak.com, is passionate about educating and empowering boomer women. She established the association, the only one dedicated to serving the healthiest, wealthiest, and best educated group of women to reach midlife, to support and encourage women to live their dreams.

Dotsie is a writer, speaker, and expert on issues concerning her generation of women. With her finger on the pulse of this spirited generation, she dedicates her time creating opportunities that inspire women to explore their passion and live life to the fullest.

Turning Fear Into Faith

Tuesday, April 22nd (3 pm – 4 pm Pacific Time)

Peggy McColl is a New York Times Best-Selling Author and an internationally recognized expert in the area of goal achievement. She is the President and Founder of Dynamic Destinies, Inc.

Peggy's goal achievement seminars, speaking engagements and books have been inspiring individuals, professional athletes and organizations to realize their goals and reach their maximum potential for the past twenty-five years.

Her books include: *On Being . . . The Creator of Your Destiny; The 8 Proven Secrets to SMART Success; On Being A Dog With A Bone* and New York Times Bestseller *Your Destiny Switch: Master Your Key Emotions, and Attract the Life of Your Dreams*.



Peggy McColl
Author, and
President & Founder of
[Dynamic Destinies, Inc.](http://www.DynamicDestinies.com)

Singles: Let the Real You Shine Through
Thursday, April 24th (12 noon – 1 pm Pacific Time)

Kara Oh has been helping men and women create more satisfying relationships for almost twenty years. Kara's first book is entitled, *Men Made Easy*. She is also a contributing author of *101 Great Ways To Improve Your Life, Vol. 2*, along with John Gray and Jack Canfield.

For a woman to feel fully alive, she needs to get her "woman energy" flowing. When that happens, she glows, from the inside out. Kara uses the term "Glow Flow" so a woman can remind herself quickly to shift into that Glow Flow energetic state so she can be happier, more attractive and more effective at everything she does.

During Kara's teleclass, you'll learn:

- Most women over 35 have little woman energy flowing
- A woman can be even more attractive than when she was in her 20s when she awakens her Glow Flow
- The level of a woman's Glow Flow is directly proportional to her ability to attract her ideal partner, as well as her ability to create a satisfying relationship
- The heart is the doorway to happiness



Kara Oh
Author and Co-Founder of
[DatingSuccessTechnology.com](http://www.DatingSuccessTechnology.com)

Special Offer:

<http://www.DatingSuccessTechnology.com/courses/womens/realyospecialoffer.php>



Drs. Charles & Elizabeth Schmitz
"The Marriage Doctors"

www.GoldenAnniversaries.com

The Marriage Doctors Talk About
The Secrets of Successful Marriage
Tuesday, April 29th (12 noon – 1 pm Pacific Time)

With 25 years of research experience representing over 15,000 years of successful marriage and their own 41-year marriage, **Drs. Charles and Elizabeth Schmitz** know what makes marriage work. As award winning authors, the Doctors reveal the truth about love and marriage in their **NEW** book, *Golden Anniversaries: The Seven Secrets of Successful Marriage*. Their distinguished careers include some 60 national, state and regional awards, 200 articles and manuscripts, 1000 speeches, and frequent media appearances.

The Marriage Doctors answer important questions about love and marriage, including:

- How do I know I am in love?
- Do the simple things matter?
- How can you follow the model of long-time successfully married couples to learn how to be successful yourself?
- What are the Seven Secrets of Successful Marriage?

It's Never Too Late to Be Smart About Dating

Wednesday, April 30th (12 noon – 1 pm Pacific Time)

Husband-and-wife psychology team Judith Sherven, Ph.D. and Jim Sniechowski, Ph.D. inspire men and women to value the healing power of their relationships as the basis for living a life of practical spirituality.

Best-selling authors of five books on relationship, Judith & Jim inspire audiences with their message that embracing and learning from differences is the key to successful loving and living.



Judith & Jim
Authors and
Relationship Experts

www.JudithandJim.com

During Judith & Jim's teleclass you'll:

- Find out what men REALLY are looking for
- Discover the truth about YOUR dating pattern
- Learn why your girlfriends are the worst at supporting you in Smart Dating
- Get clear about the real role of sex in dating
- And see how dating can be a success for you every time - every single time!

Special Offer:

<http://www.judithandjim.com/smartdating/sayyes>



Tricia Greaves
Founder of
www.BeTotallyFree.com

De-Stress, Eat Less! 7 Simple Strategies for Ending Emotional Eating

Thursday, May 1st (12 noon – 1 pm Pacific Time)

After losing 50 lbs. and overcoming her own lifetime battle with compulsive eating and weight—without the use of diets, pills, medication or excessive exercise—in 2000 Tricia Greaves founded Be Totally Free!, a non-profit that helps people overcome eating disorders, emotional eating and all addictions. Through an intensive mentorship program, workshops and seminars, Be Totally Free! shows people around the world how they can end the vicious cycle of emotional eating and addictions by addressing and healing the root causes.

Tricia will show you:

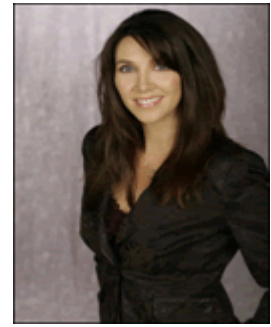
- How to stop dieting forever
- Which emotions trigger food cravings and how to address them
- Easy ways to manage stress before it sends you to the kitchen
- How to eat to live instead of living to eat!

Free Jumpstart Kit: www.BeTotallyFree.com

*Be the *Rock Star* of Your Life*

Tuesday, May 6th (12 noon – 1 pm Pacific Time)

Sandy Grason is the author of the bestselling book, *JOURNALUTION: Journaling to Awaken Your Inner Voice, Heal Your Life and Manifest Your Dreams*. She is inspiring people all over the world to transform their lives through the practice of journaling



Sandy Grason
Author of *JOURNALUTION*

www.SandyGrason.com

Are you ready to expand your vision of what's possible? This session is for true Visionaries—Rock Stars—People who are operating at a very high level in their business & life and are ready to step into Greatness.

Join Sandy's teleclass to:

- Learn 3 Ways to Discover and Express your Unique Essence or *Rock Star-ness*
- Articulate your Biggest Vision along with an Inspired Plan of Action to move you forward
- How to Use your B.A.L.L.S. (Belief, Authenticity, Live-Out-Loud, Lusciousness, Super-Hero) to Create Extreme Success

Free chapter of Sandy's Audio version of *Journalution* and her Masterminding to Manifest eBook:
<http://sandygrason.com/inspiredlife>



Jacquelyn Aldana
Author of
The 15-Minute Miracle™

www.15minutemiracle.com

How to Become an Irresistible Magnet for Love, Money & Miracles

Wednesday, May 7th (12 noon – 1 pm Pacific Time)

Jacquelyn Aldana is the author of *The 15-Minute Miracle™ Revealed* and is best known for her simplified “Move Forward Faster Formulas” and “Rapid Removal Remedies for Issues In The Tissues.”

Jacquelyn will share her famous 15-Minute Miracle™ formula for making the REST of your life the BEST of your life.

- Jumpstart your immune system in less than 3 seconds!
- Elevate your sense of well-being at the speed of thought!
- Accelerate the rate at which you transform wishes into realities!
- Consistently attract and create more of what you really want out of life!
- Enable the Law of Attraction to work FOR you instead of AGAINST you!
- Become one of the happiest people you know...even when life is less than perfect!

Let's Talk Money: Coaching Yourself to Financial Success™

Coaching Yourself to Financial Greatness

Thursday, May 8th (12 noon – 1 pm Pacific Time)

Jenifer Madson is a nationally renowned **Financial Success Coach**, author of the award-winning bestseller, *A Financial Minute*, and creator of the coaching game that's sweeping the nation, **Let's Talk MONEY**.

Have you been looking for an easier way to talk about money?

If so, then join Jenifer and play her innovative coaching game of using fun and stimulating questions to get you talking—with your customers, your staff, your family, even yourself—and get to the financial results you've always wanted!

You will learn:

- How to master the two most vital behaviors for financial success
- How to instantly become your own “financial success coach”
- How to create quality financial questions that lead to a quality financial life!

Free offer: A 30-minute financial strategy session to anyone who contacts us within 7 days of the event, at strategy@afinancialminute.com



Jenifer Madson
Author and
Financial Success Coach

www.AFinancialMinute.com



Carolyn B. Ellis
Author and Founder of
www.ThriveAfterDivorce.com

Thrive After Divorce: Turning Adversity into Opportunity

Tuesday, May 13th (12 noon – 1 pm Pacific Time)

Carolyn Ellis is the founder of ThriveafterDivorce.com which offers success strategies, tips and resources for separated and divorced individuals. She is also the award-winning author of the best-selling *The 7 Pitfalls of Single Parenting: What to Avoid to Help Your Children Thrive After Divorce*. From her own experience of being a divorced mother with three school-aged children, Carolyn founded her company to help separated and divorced individuals improve relationships, increase self-confidence and save time and heartache.

In this class you will learn:

- How to turn challenges into victories
- To overcome the big obstacles that are blocking your path
- The three critical things you must do as a first step

If you are just ‘surviving’ your life, you are missing out. Join us for this transformational hour and learn how to THRIVE!

Free Report: www.thriveafterdivorce.com

The 10 Biggest Mistakes People Make When Retiring & How YOU Can Avoid Them

Wednesday, May 14th (12 noon – 1 pm Pacific Time)

Bill Losey, CFP®, CSA, helps women and couples nationwide to make smart decisions with their money.

You only get one shot at retirement. This is not a drill! Don't let luck and guess work form the foundation of your financial security.

During this teleclass you'll learn the common mistakes people make when retiring and more importantly, how to avoid them.

- How to tell if you will out live your savings or will your savings out live you
- How to tell if you are getting advice from someone qualified to give it
- How to deal with the Social Security Dilemma
- How the three types of risk effect your retirement

Free Report: www.myretirementsuccess.com/pages/hp_freeReport.asp



Bill Losey, CFP®, CSA
America's Retirement Strategist™

www.MyRetirementSuccess.com
www.RetireInAWeekend.com



Dr. Cindy Brown
The Relationship Strategist

www.SuccessfulRelationshipsNow.com
www.TheCinderellaSystem.com

Make Love, Not War: Healthy Communication Secrets for Your Love Relationships

Thursday, May 15th (12 noon – 1 pm Pacific Time)

Dr. Cindy Brown is passionate about working with professional people, couples and individuals, from the Boardroom to the Bedroom to have Successful Relationships Now! She assists you in understanding the possible mistakes you are making in your personal AND professional relationships and teaches you the strategies and tools that will improve the strength and function of them INSTANTLY.

21st Century relationships are challenging due to the daily responsibilities and the demands on our personal vs. other time. Consequently, many of us show up in our relationships exhausted and not at our best.

Spend this hour with Dr. Cindy Brown to:

- Discover your underlying reason for negative emotion in your relationships
- Learn 3 simple communication techniques to avoid conflict and have calm loving conversations
- Uncover what your #1 reason for unhealthy communication is
- Learn to manage your thoughts and feelings so they do not contaminate your relationship and drive your partner away

Free Relationship Success Kit: www.TheCinderellaSystem.com

*Mind, Body & Nutrition – The Three Key Elements
to Achieve Your Lifestyle Transformation –
No Matter What Your Age*

Tuesday May 20th (12 noon – 1 pm Pacific Time)

Lisa Crisalle, CFNS brings more than 15 years experience in the fields of health and nutrition. After majoring in Exercise Physiology, she worked as an instructor and trainer for everything from swimming, skiing and martial arts, to aerobics, and indoor cycling. Lisa recently underwent her own transformation and placed in her first three figure competitions at the age of 44.

Learn the 4 criteria or elements you absolutely, positively must have for any true Lifestyle Transformation:

- Serious *resistance training* - it is one of the key components to burning fat.
- Understanding the right amount and the right intensity of *cardio* to burn fat - NOT muscle.
- A *nutrition plan* with REAL food for REAL life - it will skyrocket your results.
- Learning the right *mindset* - get this right and you can put it all together.



Lisa Crisalle, CFNS
Fitness Coach

www.OverFortyFitAndFabulous.com

Special Offer: www.OverFortyFitAndFabulous.com/Lauren.html



Barbara Friesner
Author and Generational Coach

www.AgeWiseLiving.com

*Top 5 Ways to Resolve Your Eldercare Issues
by Choice, Not Crisis*

Wednesday, May 21st (12 noon – 1 pm Pacific Time)

Barbara Friesner, author of *The Ultimate Caregiver's Survival Guide*, is the country's leading expert on issues affecting the elderly and their families.

Barbara started AgeWiseLiving.com as the result of over 25 years as the care manager for her grandmother and now her mother. She provides Generational Coaching and educational programs to support and educate families so they can resolve their eldercare issues by choice, not crisis. **Do you lie awake at night worrying** about what will happen if your aging parents continue to drive, live alone, or don't get their legal or financial house in order? Are you stressed and frustrated when your efforts to help your parents turn into emotional explosions or walls of silence? If so, Barbara Friesner will reveal 5 ways to resolve your eldercare issues by choice, not crisis.

Free Newsletter: www.AgeWiseLiving.com

*The Joys and Challenges of Empty Nest, and
How to Have a Healthy Relationship
with Your Adult Children*

Thursday, May 22nd (12 noon – 1 pm Pacific Time)

After 15 years of offering therapy and workshops to the Los Angeles Unified School District, **Natalie Caine** opened a private practice to serve her community. Natalie creates and facilitates women support groups in the areas of life changes, including dating, careers, marriage, divorce, parenting, illness, loss, and dreams coming true.

When her daughter was in high school, Natalie realized that this emptying of the nest life transition was a major change. Natalie began [Empty Nest Support Services](#) to help those anticipating an empty nest and empty nest families through the joys and challenges.

Join Natalie on this teleclass and discover:

- What wants attending and nurturing? What forms of creativity can emerge for you now that there is a withdrawal of mothering?
- Whether single, married, anticipating empty nest or an empty nester this stage of life asks each of us to bravely look at our relationship with ourselves, our partners, family, friendships, and extended family. Do you need a course correction, an overhaul, a tweaking, a lifting of the veil?
- How do you develop a healthy adult relationship with your children? Some are married, moved far away, in college, working, or still living at home?

Empty Nest Newsletter: www.emptynestsupport.com/newsletter.htm



Natalie Caine
Founder of
Empty Nest Support Services

www.EmptyNestSupport.com



Carol McClelland, Ph.D.
Author and Founder of
[Transition Dynamics
Enterprises, Inc.](#)

www.CarolMcClelland.com

Bringing Passion and Purpose to Your Career

Wednesday, April 23rd (to be rescheduled)

Carol McClelland, Ph.D., author of *Your Dream Career for Dummies* and *Purpose Clarity: Turning Your Passions into Your Purpose and Direction*, has spent her career helping people discover work they love. Her books and programs help you transform your confusion and frustration into clarity and hope.

Carol is also the Founder of GreenCareerCentral.com, offering guidance and support to match your passion for the environment, your skill set, and your experience, with a career where you can make a difference and prosper.

If you always struggle to find your passion—what you are meant to do with your life—you'll discover techniques you can use today to connect with your life purpose.

During this call with Carol, you'll:

- Learn a skill you need to have to discover your passion and purpose.
- Discover why is it important to know what repels you.
- Find ways to deepen your sense of what you are passionate about.
- Determine a practical step you can take to find your purpose.
- Know how to avoid the two biggest mistakes people make when finding their purpose.

Special Offer – Dream Career Workbook:

www.careerclarityprogram.com/free/index.html

We are looking forward to having you join us!
Be sure to jot this information on your calendar to have handy:

Call-In Number: (308) 344-6400

Participant Access Code: 192013#

Lauren Sullivan
Inspired Life Design
www.InspiredLifeDesign.com
Questions? susan@inspiredlifedesign.com