

You have heard me talk about Feeling Groovy, probably ad nauseum. You do not even know what that means. You might even tell me I am full of shit, that nobody can be that happy. Something inside you knows there is more to life than what you are living. You know, deep down, that I have found something. You want some of my kool-aid.

I want to share my Feel Groovy Kool-aid with you! I have, through my own life experiences, developed a formula to get you on the Groove Line. In this workshop, discover what Groovy really means, why you are blocked from living it and how you can embrace it. Groovy is a state of being, and it can be yours! Come and spend a day with me. It is a small investment of time and money to literally jump out of your skin to embrace your life.

I cannot wait to share my Feel Groovy Plan with you. More importantly, I really want to meet you, hear your story and get to know you! See you on March 16th at 10 am.

## **Flip the Switch to Feel Groovy: Your Complacency Antidote**

**March 16, 2019 10am-5pm**

**Hosted by Steph Palermo**

10-10:30 Registration, Coffee, Meet & Greet  
10:30-10:45 Introduction & Move seats around  
10:45-11:15 What is Groovy?  
11:15-11:30 Group Discussion/Personal Reflection  
11:30-12 noon Recognizing Areas of Discontent  
12noon-12:15 Group Discussion/Personal Reflection  
12:15-1:00pm Lunch/Break  
1:00-1:30 Roadblocks to Groovy  
1:30-1:45 Group Discussion/Personal Reflection  
1:45-2:15 A Purpose Driven Life  
2:15-2:30 Group Discussion/Personal Reflection

2:30-2:45 Break

2:45-3:15 *The Groovy Process & Formula/The Groovy Graph*

3:15-3:30 *Group Discussion/Personal Reflection*

3:30-3:45 *Wrap up*

3:45- 4:00 *Group Exercise/Q&A*

4:00-5:00 *Wine & Cheese Reception*