



LOIS DAVIS, MA, CPC, ELI-MP

Start Living Your Best Life, Now!

Who doesn't want to live their best life possible? Realize your potential for happiness and success in this powerful life-changing program. Participants learn valuable stress reducing strategies, evaluate eight core life areas, and create a personal mission statement to focus on being their best.

Choose Less Stress

Wouldn't it be nice if that were true? It is!! Participants learn how to melt stress and anxiety away, regain balance and calm, and get energized again!

Unleash Your Personal Power

This inspirational program introduces the seven powerful levels of energy and helps participants identify why certain people succeed in life effortlessly while others struggle endlessly. You'll walk away dramatically impacting your life and the lives of those around you.

Lois Davis has been teaching and guiding people for 20 years! She is a Certified Professional Life Coach with a Masters in Education, accredited by the International Coach Federation. Also, a facilitator of Women's Groups at The Center for Women, and for Women's Executive Peer Advisory boards, a presenter for the Teen Dating Abuse program at local high schools, and offers her own series of Self-Awareness and Personal Development workshops, in addition to her private coaching practice.

Lois specializes in coaching women to master the most important areas of their lives – their careers, their relationships and their health & well-being. Here's an important message from Lois: "Every woman is beautiful, brilliant, and capable of greatness, they just might not realize it yet! With the right guidance and support every woman can unleash her personal power and create an extraordinary life experience for herself. You can all be absolutely in love with your life!"

Other topics:

- Work/Family Balance
- Parenting (newborns-grads)
- Positive Self Image/Self-esteem
- Creating a Healthy Lifestyle

For speaking engagements, please contact us at info@projectnextgen.com or (973) 736-6558.

www.projectnextgen.com

Venues:

Conventions • Conferences • Associations
Colleges/Universities • Meetings • High Schools
Camps • Graduations • Retreats • Youth Groups

Sample List of Past Venues:

Oasis Wellness Center • Pine Brook Jewish Center
Towaco Civic Association • League of Women Voters
Medco Health Solutions • Congregation B'nai Shalom