

Coach Cathy's Current Schedule of Events

*Illuminating your success path. * Coaching for conscious living.*



March 2010

Personal Coaching

Would you like to reach your goals faster? Accountability is an essential part of any success plan. Be good to yourself, email today to arrange a complimentary coaching session to see how coaching can support you - you'll love it!

Contact Coach Cathy for a complimentary 1-hour session -
c.northcutt@cox.net

Extreme Self-Care for Women

Monthly Lunch-Hour Telegatherings *Also see June Women's Getaway below

Through a 1-hour monthly phone conference, we will look at Extreme Self-Care lessons outlined in Cheryl Richardson's book *The Art of Extreme Self-Care*. This is a sane and sensible program that gives you the permission you need to dramatically upgrade your life. \$20 per month (cash or check please). You are invited to attend the first call free.

See calendar of lunch-hour telegatherings and topics at my [Meet-Up](#) site.

Register for next call now – email c.northcutt@cox.net or 619-460-6593

Redirecting Children's Behavior – Conscious Parenting Course

A heart-centered 5-session (15-hours total) conscious parenting class to create peace and harmony in your home.

[See full class description](#)

- **RCB Evening Class in San Carlos/Lake Murray (92119, San Diego, CA)**
5 Tuesday Evenings
7 to 9:30 pm

Winter/Spring 2010

- ~~January 12, 19, 26, Feb. 2, 9~~
- ~~February 16, 23, Mar. 2, 9, 16~~
- March 30, April 6, 13, 20, 27
- May 11, 18, 25, June 1, 8

- ***NEW RCB Teleclass – email c.northcutt@cox.net for details.**

If you've never taken a phone class before, it's easy! Just call the number given upon registration. Normal long-distance charges apply.

\$275 per person, includes 1 set of textbooks; add \$7 if shipping for teleclass
\$395 per couple, includes 1 set of textbooks; add \$7 if shipping for teleclass
\$100 for previous graduates, does not include textbooks

Advance enrollment required. Email Coach Cathy at c.northcutt@cox.net or call 619-460-6593

Fruits & Veggies for Kids - Get Juice Plus+ chewables here!

- Why are fruits and vegetables important? See video here <https://www.juiceplus.com/nsa/content/WhatJuiceplusIs.soa>
- Ordering is simple at www.CoachCathyLovesJuicePlus.com

“Who Am I?” Self-Awareness Journals for kids and families

- A guided journal of introspective, fun, easy questions designed to encourage written and artistic self-discovery, expression and appreciation. Topics include: facts about you, favorite things, what makes you special, things you like/dislike, feelings and behaviors, goals, special people in your life, your personality, your abilities, and highlights of your life. Plenty of room for artistic expression. Kids love when their parents do their own journal alongside them. Gift the gift of quality time to your child. \$15 each. Order at <http://www.cathynorthcutt.com/products.html>.

April 2010

The “Welcome to My World” Communication Workshop

A 2-session communication workshop for parent couples

[See class outline](#)

April 11 & 18, 2010 (2 consecutive Sunday afternoons)

University of San Diego

\$225 per couple. This course is for parent couples only – including married couples, partners, and friends.

Childcare is not provided.

Reservation Required

Email Coach Cathy at c.northcutt@cox.net

June 2010

Extreme Self-Care Women’s Getaway – Questhaven in Escondido

June 18-20, 2010

A weekend getaway retreat is being planned at Questhaven in Escondido, CA. We will meet at Questhaven after 3 pm on Friday, June 18, stay Friday and Saturday evening and leave after breakfast on Sunday. Check out www.Questhaven.org.

I have reserved Casa de Angeles for our living area (12 rooms with bath + communal kitchen) and Contenta as a meeting space for Saturday. Agenda will include lots of time for connection, relaxation, contemplation, yoga, an ESC coaching session on Saturday, and time for you to do whatever you wish. Please let me know if you have a service, idea, or activity you would like to suggest for this retreat (e.g., chair massage, healing touch, Reiki, craft activity, etc.). These services must be offered free of charge (rule of Questhaven).

Cost will be approximately \$120 which includes 2 nights + \$20 love donation (payable to Cathy Northcutt). Guests must bring their own food and do their own cooking (we'll likely plan a few potlucks) and housekeeping. Linens and towels are furnished. There is a limit of 12 for this retreat.

PLEASE RSVP as follows:

- 1) Let me know you are planning to attend - email c.northcutt@cox.net (write Questhaven in Subject line)
- 2) Call Questhaven directly and reserve your bedroom at 760-744-1500. Reservations by first-come, first-served basis.

You deserve this! PLEASE RSVP NOW! Last day to reserve is January 31, 2010.