



## Mélanie Hope

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Do you feel like life has slapped you around and you're ready for a change? You need to:

### **Get Over It & Get Started!**

What better way to start your new life than taking a hard look at your role in your own happiness, some work on your goals, and an exotic cruise?

The seminar will take place during the 12-Day "Mediterranean Empires Cruise" aboard Holland America's newest ship, the Nieuw Amsterdam – we get to be on her *second* voyage!

During our days at sea, you can attend one or all of the four modules:

#### **Fear, failure, and other self-inflicted nonsense**

Goes deep to look at how we self-sabotage by focusing on the negative, real or imagined

#### **Whining rights**

A theory I created as a reality check on our initiative – are we doing something or just whining?

#### **Busyness as an excuse to not get busy**

Brings focus to how we fill our lives with busywork without working towards our goals

#### **We are not victims!**

Takes a hard look at how we blame others for things that truly are in our realm of control; and how to let go of those things that aren't

I deliver these workshops using a no-nonsense approach infused with stories and humor as well as group activities and goal setting. You will take away the answer to your question, *“What is holding me back from my dreams, and what can I do about it?”*

I can't wait to see you there!

Mélanie A. Hope

President, Hope Speaking

#### **To book the cruise, contact:**

Catalyst Travel

1140 E Seattle, Kent WA 98030

253-852-0880

Book now with \$300 deposit and final payment due April 25, 2010