



*with Darlene*

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A true 360-degree snapshot of your life includes views of the past, present and future.

- **The past** means a view of your history from childhood to present.
- **The present** looks at who you are now and how you relate to all aspects in your life.
- **The future** relates to actions that can be initiated to guide the future and enable your dreams and goals to become a reality.

360-degrees with Darlene will change your life. She integrates techniques, expertise, and her own life experiences into her work with her clients. With emphasis and supported work on the areas of contention, as well as developing and being mindful of a clear path to follow, Darlene will help you to go where you want to go and be who you want to be.

*Time for Change?*

*Are You Ready?*

*Let's Work Together!*

Learn and practice techniques to change your life. Being active in continual self reflection and connection achieves peace and maintains harmony.

Choose to take the first step toward positive change - contact Darlene.

Do Your Best . . . Be Your Best!