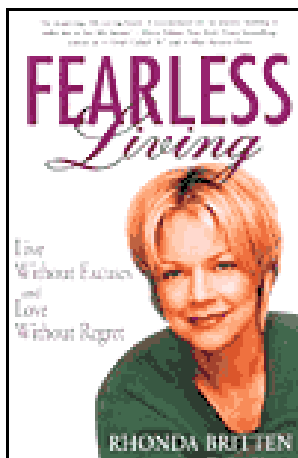


Go for **FREEDOM...R<sub>x</sub>** for **STRESS RELIEF**...without the pill!  
Freedom from expectations...excuses...complaints...beating yourself up...



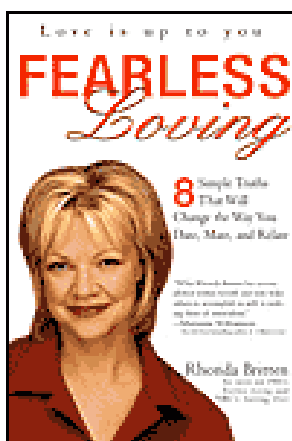
In this 3-hour workshop, introducing...

**THE ART OF LIVING FEARLESSLY:  
A Skill for Life**

with insights from the books *Fearless Living* and *Fearless Loving*

Fulfilling your potential calls for **COURAGE**...  
...and the FEARLESS YOU already has all the courage it needs.

Developing your relationships calls for **CONFIDENCE**...  
...and the FEARLESS YOU already has all the confidence it needs.



Participate in this session...Explore what's possible  
for you...

- ♣ **Recognizing the Faces of Fear**
- ♣ **Making Fear Our Friend**
- ♣ **Fingerprinting Our Fear**
- ♣ **Discovering Our Essence**
- ♣ **Living and Supporting Our Freedom**

**Living and Loving the FEARLESS Way!**

**About the Session:**

Mastering fear is more empowering than merely managing it. This interactive group coaching session explores the faces of fear in our professional and personal lives. Learn how a little courage goes a long way in transforming the energy of fear into actions that support us on our growing edge. Living fearlessly is an aspiration that changes and rearranges our thoughts about taking healthy risks.

**About the Presenter:**

Mary A. Conrad, M.A., is a teacher, linguist, administrator and life coach who enjoys practicing the art of living fearlessly on and off the job, and partners with clients who want to do the same. A graduate of Gackle High School, UND and Rider University in New Jersey, Mary moved back to her hometown in 2003 to rediscover her own fearlessness and happiness on the North Dakota prairie.

<b>Presenter:</b>	Mary A. Conrad, Life Coach - <a href="mailto:maconrad@daktel.com">maconrad@daktel.com</a> - 701-485-3645
<b>Date:</b>	Saturday, March 19, 2005
<b>Time:</b>	1:00 – 4:00 p.m.
<b>Cost:</b>	\$45.00 with pre-registration; \$50.00 at the door
<b>Place/Payable to:</b>	The Spirit Room, 111 Broadway, Fargo, ND 58103 – 701-237-0230