



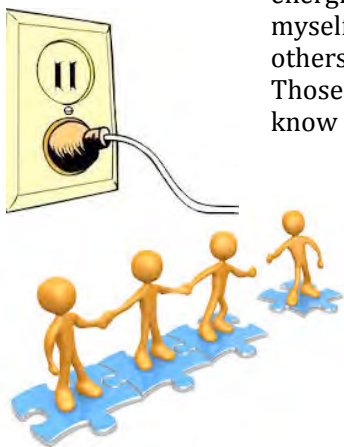
NEWS & NOTES

Connection

Co-Founder's Perspective **Connection; a Healthy Addiction**

I was born to connect. Maybe we all are? Some say that our need to connect is as fundamental as our need for food and water. It is for me; and I love to eat and drink water.

As a part of my coaching training, I participated in an exercise to create my Life Purpose Statement. After good coaching from my colleagues and some self exploration, my life purpose statement using metaphors to help explain it came down to this. "I am the electrical extension cord that connects and energizes myself and others". Those who know me



energizes myself and others". Those who know me

are shaking their heads saying, "that's definitely Jill".

Everywhere I go, I am constantly talking to people. To my sons' embarrassment, I find connection with everyone from our waiter to

the check out girl. I strike up conversations with anyone willing to engage. I had a client who taught me the expression, "making a bid". This term refers to any attempt to reach out for emotional connection. All human connection begins with a "bid". I was just in an elevator with a couple. I mentioned what a beautiful day it is; my bid. They responded with what a great bike ride they took. We then had an interesting encounter for the remaining eight floors which ended with the couple introducing themselves to me. That bid really was taken!

Not only is connecting with others a huge aspect of my life, but connecting others to each other plays an important role for me as well. I can't help myself. I am no yenta, a Jewish matchmaker, since romantic connections have not been my forte, but connecting people to others who may have a resource or meet a need that they might have is my strength. My mind starts racing as soon as I meet someone and they express a need. I unconsciously start going through my rolodex, or in modern terms, my contacts list, to see if anyone I know can fill what they need. I follow up with the specifics if the recipient desires. Can you imagine if everyone always was thinking how they could help you?

I thrive on connection. It's like a drug for me. Like any addiction, when I am away from people for too long I start to get withdrawal. I don't get the shakes and sweats, but I do get in a funk. When I recognize the signs - self doubt, lack of creativity and no motivation, I know that I need to reconnect and reach out to people. Sometimes that's just a matter of calling a friend, or going to a fun activity but there have been times when talking with a coach (yes, coaches get coached too), is what was needed. I can now proudly say, "Hi, I'm Jill and I am a connector". No twelve-step program required, but there is a need to acknowledge my craving to connect and to care for the social need in me.

- Jill Magerman, Co-Founder atrio Professional Life Coaches



Letter from the Co-Founders

Dear Friends,

Once again we find ourselves eager and excited to share our latest edition of News & Notes. Our featured topic in this edition is "CONNECTION," something we feel is essential to living a happy and fulfilling life.

The process of writing this newsletter offered us the time and space to reflect on how connections have been significant in our lives. We have had many conversations about what it feels like to be connected as well as disconnected. We've shared the various ways that we connect with people, places and things, the importance of connections as well as how some connections have served us and how others have not. It has been quite a journey and as you might imagine, the process has given us good reason to connect with one another and now with you.

We hope that you enjoy reading our shared thoughts, ideas, perspectives and reflections. We also hope that you are reminded to intentionally take time to connect with those people, places and things that you enjoy most in life!

With much love and gratitude to all,


JEAN HANHAM


SANDRA OLPER


JILL MAGERMAN

"CONNECTION

is the

ENERGY

*that is created between people
when they feel*

SEEN, HEARD AND VALUED."

- Brene Brown

Look At Love

by Rumi

Look at Love...
how it tangles
with the one fallen in love

look at spirit
how it fuses with earth
giving it new life

why are you so busy
with this or that or good or bad
pay attention to how things blend

why talk about all
the known and the unknown
see how unknown merges into the known

why think separately
of this life and the next
when one is born from the last

look at your heart and tongue
one feels but deaf and dumb
the other speaks in words and signs

look at water and fire
earth and wind
enemies and friends all at once

the wolf and the lamb
the lion and the deer
far away yet together

look at the unity of this
spring and winter
manifested in the equinox

you too must mingle my friends
since the earth and the sky
are mingled just for you and me

be like sugarcane
sweet yet silent
don't get mixed up with bitter words

my beloved grows
right out of my own heart
how much more union can there be

One is Silver and the Other Gold

by Jill Magerman

Standing with my best friend, Wendy, we took our marshmallows on our sticks that we had just collected and watched them melt in the warm glowing campfire as we sang a familiar Girl Scout song that went like this, “Make new friends, but keep the old, one is silver and the other gold”. As a six year old, I didn’t really understand the words that I was singing at the time, but now as a grown woman, nine times that number of years, I totally get it. My two closest childhood friends are still two of my very closest friends. I enjoy a special relationship with them. We have a history together that my amazing cadre of adult acquired friends can’t possibly share.

Silver friends are ones that are valued like the metal, but there is none so precious as a friend that has seen the best and the worst of you, that has experienced you as a child and an adult, that knows your moods sometimes even better than you do yourself. Just days before my mother died, Wendy and my other best friend since junior high, Beth, rallied around me near my vacation home in New Jersey. We all live in different states and rarely are all together unless for celebrations and funerals. This was different. It took all of five minutes for us to be screaming and laughing uncontrollably. We regressed to our juvenile selves and found humor in the silliest of things. This was just six years ago. It was the most comforting experience I could have had given the life event that was about to happen to me.

Our childhood relationships may have more importance to our healthy adjustment in adulthood than just learning songs around a campfire or sharing a history together. As a recent study shows, happiness in our adult years is built, in part, by the friendships we have as children and teens. The study’s lead researcher Craig Olsson, an associate professor with Australia’s Deakin University focused on happiness as it stemmed from our sense of

coherence and connection, positive coping and desired social values versus how well we did in school or the amount of money we had.

Forming friendships helps children develop learning opportunities – to explore, test, compare and connect values, says Olsson. “And these ‘prosocial values’ are the glue of enduring positive relationships across the life course,” he adds. Therefore, the friendships we build help us find ourselves.

Friends have always been a priority for me. I work hard to maintain my childhood friends. Remembering birthdays, attending special events, arranging for reunions and sharing memories often, are ways to keep those relationships alive. I credit in part, my strong connection with lifelong friends like Beth and Wendy for my healthy and happy life that I enjoy everyday.

If you looked in my jewelry case, you’d see that I have lots of silver and gold jewelry. I tend to wear my silver on a daily basis but on special occasions, I don the most precious metal, gold. Both have value and are important to me and life just wouldn’t be the same without them.

Make
new
friends,
but
keep
the old.
One is
silver
and the
other
gold.



“You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.”

- John Lennon

My Life Takes A Pause, The WORLD CUP Is Here!

by Sandra Olper

I have been thinking about writing this article for days, the problem is I am glued to the TV! As a fan, I have been waiting for the World Cup for 4 years. Now that it is here, I want to watch and enjoy as many games as possible for the duration of it, which is a whole month!!! I am completely immersed in what is going on with every soccer game.

At this moment, one of the games is over and we have a break, so I take this opportunity to let my fellow American friends know how important these tournaments are for us fans.

I like soccer but I LOVE the World Cup. It's not only the game that this whole thing entails. It is camaraderie, a bond, and a topic that anyone who lives in a Latin American country or in Europe can be certain EVERYONE will be talking about. The World Cup means getting together with as many people as possible rooting for your country and making sure there is enough food to last throughout the 3 games of the day! It means buying an album months in advance along with the stickers of all the players and trading them so that you can fill your whole album. It is instilling, in my American-born children, the love for their parents' country of origin and me feeling so proud of them when they are screaming at the top of their lungs for our team to

score a goal! I would say the common connector for all of us World Cuppers is complete PASSION!!!

Now that we have smart phones, my friends and family in Mexico are in constant communication before, during and after each game. I can imagine that for someone who didn't grow up in a country where soccer is so important, you must think we are all crazy. I can assure you that we are a little bit, but that is what these games do to us! I want to be able to celebrate this month with my American friends; so come join the fun. You won't want to miss a game once you have experienced the Passion for the World Cup.



More of this would be GREAT!

Lollipop Moments

by Jean Hanham

In [Drew Dudley's TED Talk "Everyday Leadership"](#) he shares a heart warming story that reminds us we are all leaders and we all have the opportunity to change someone's life in a positive way. He calls on us to celebrate leadership as the everyday act of improving each other's lives. Accomplishment of this task begins with connection.



I encourage you to watch Drew's 6 minute video. I am confident that you, like me, will be inspired to create more "lollipop moments". You will want to reach out and connect with someone who has made a positive difference in your life, and you will also realize that as a leader yourself, you have the ability to make a positive impact on the lives of others ... perhaps when you least expect it. Enjoy the video!

"If only you could sense how important you are to the lives of those your meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

- Fred Rogers

Connection in the Afterlife

By Jill Magerman

Death is but a transition from this life to another existence where there is no more pain and anguish. All the bitterness and disagreements will vanish, and the only thing that lives forever is love.

- Elisabeth Kubler-Ross M.D.

Having had personal experience with losing both parents in the past few years, I often think about how to stay connected to them. Anyone who has lost a loved one knows that they live on inside of us all the time, but is there a way to really communicate with them?

Movies like Ghost have us believing that talking to the dead is a dramatic process that occurs through a medium. In The Sixth Sense an eight-year-old little boy says he sees dead people and they are walking around like regular people. If communicating with dead people were that clear, real stories of ongoing encounters would be reported every day.

In reality, talking to the dead is more like placing a long distance phone call to a third world country--the connection can be tenuous and static-filled, but in the end it is as simple as dialing. If you really want to stay connected to those who have passed you have to look for ways to make it happen. It's less like a phone call and more like a message left for you to find. The messages come in different forms. You have to look for them and you have to really want them. Fear, guilt, shame and anger can all get in the way of communing with a loved one.

If your relationship with the departed had closure and there is little unfinished business, I believe that you have an open line to connect with that person. As much as I'd love to believe that it's possible to carry on a conversation like when the loved one was alive, my logical side wins over and relies on other means of communication. I deeply believe that I communicate regularly with my parents.

I have many pictures of my parents around my house. I have recipes and notes in my mom's handwriting hanging on my walls. My dad's voice is preserved on messages that he left me on my cell phone. By having living reminders of them around

in different forms I connect with them consciously and unconsciously all the time. If I am seeking advice, I look to a picture on a wall, on a table or in an album to talk to. Just seeing their expressions and looking into their eyes is enough for me to hear what they would say.

Dreams are another way of connecting to those who have left us. This is usually our sub-conscious and yet through dreams I have often worked out an issue or gotten some clarification through seeing a person who is no longer living. Carl Jung, the founder of analytical psychology said, "Six weeks after his death my father appeared to me in a dream ... It was an unforgettable experience, and it forced me for the first time to think about life after death." These sleep-state ADCs (After Death Communications), as some call them, feel like actual face-to-face visits with deceased loved ones. They are much more orderly, colorful, vivid, and memorable than most dreams.

If you believe, the likelihood of "getting your call through" is higher. Take time to notice what messages might be being left for you. Maybe it's through a heads-up penny that you keep finding or a white butterfly that sits in your yard or a chance encounter with someone who knew your loved one as well. You can communicate at will as often as you desire, just make the "call". If they don't answer, leave a message; they'll get back to you.



At the HEARTH of Your Being Retreat 2014 Highlights

On April 27th a group of amazing and wonderful women gathered at Loyola House of Retreats to participate in atrio's second annual multi-day retreat for women, "At the HEARTH of Your Being".

Together, we the retreat leaders and participants, created a safe space and an atmosphere filled with connection, conversation, exploration, growth, encouragement & unconditional support. We discussed various topics including who we are, our passions, our life purpose, our values, our goals, our fears, and our dreams for the future. We stretched and centered ourselves figuratively and also physically

with generous gifts of a drumming circle led by Dorothy Sikora and an outdoor yoga session led by Sheri Peake.

We pampered ourselves with mini-massages provided by massage therapist Casandra Hoo. We also indulged in free time to relax, journal, chat with new & old friends, and enjoy the outdoors.

The retreat was a beautiful experience filled with shared wisdom, compassion, curiosity and love for self and each other.

Thank you to all who joined us this year! We are forever grateful!



We send a special thanks to those who assisted in making our retreat a huge success!

Cassandra Hoo - Massage Therapist, Sheri Peake - Yoga Instructor, Dorothy Sikora - Drumming Circle
Renee Owens, Director Loyola House of Retreats



Photographed: The Amazing Wonderful Women Who Attended Our Second Annual "At the HEARTH of Your Being" Retreat.

At the HEARTH of Your Being The Survey Results Say ...

"Lisa and I talk about the retreat all the time - it's amazing how it has strengthened our bond at work and pulled us closer together. I will be forever grateful to all of you for the retreat!"

"Jean, Sandra, and Jill are the most giving and grounded women I've ever met. They get right down in there with you in the experience. I left feeling stronger and so much more connected with myself."

"The wonderful retreat put a fire under my you know what! Since that time I was hired by the Ridgewood Conservatory and started driving lessons to help me get there. Out of my comfort zone for sure. Lots of deep breathing and support from friends and family, including dear Jean. Thank you ."

"I went to the retreat to experience something new and to have fun. It fulfilled my expectations on both counts. The leaders and participants were delightful, interesting and supportive. Yoga outdoors, the drumming circle, and the drawing game with a partner were highlights for me."

"The wonderful women's retreat last April was like an oasis. It offered a moment of reflection, joy, and a great opportunity of meeting committed, warm and interesting women. During the retreat I wrote the following: "I am fully present. I am enjoying BEING present without my eternal 'to do lists'. I am full of joy and peace." Thank you three amazing coaches!!!"

SAVE THE DATE!

**atrio's 3rd annual retreat for women will be
April 26th - 28th, 2015
at Loyola House of Retreats!**



Fox or Fawn

by Jean Hanham

While at my desk on a conference call, a quick furry flash in the bushes grabbed my attention. It seemed too big to be a rabbit, squirrel or chipmunk; the usual morning visitors that I pleasure in watching. I was correct in my assessment; in a few moments, out from the bushes emerged a fawn. I sighed at the beauty of this young creature. I absolutely love animals and in this moment I felt warmth in my heart and a connection with nature.

Unfortunately, the scene changed very quickly. Out from the same bushes, emerged a small hungry fox and the fawn was clearly his prey. Those on the conference call were aware that I was distracted. When they asked what was going on, I shrieked, "a fox is chasing a fawn across my lawn!" Their

response, "don't watch!" Like me, they too feared the inevitable outcome.

Against all odds, the fawn made it across my lawn to a neighbor's home that is under construction. The fawn and the fox caught the attention of the construction workers and they began yelling and throwing objects at the fox. The fox dashed into the woods to avoid flying objects and the fawn, exhausted, made its way safely under a pile of construction materials. I was relieved - the fawn was saved!

Like me, the construction workers were vested in saving the fawn, rather than the survival of the hungry fox. Who would you choose - fox or fawn?

When Connection Fails

by Sandra Olper

Connection is something all humans need. When we feel connected to others, there is a feeling of belonging, of joining in, or of having the same cause or goal. Connection is not possible at all times. When connection fails we can acknowledge that there is no compatibility to something or someone. When disconnection becomes the norm, it can be devastating.

I am witnessing the impact of disconnection in our school systems. I recently led a discussion at the Middle School in my community after showing a documentary about education called "Race to Nowhere." The focus has been placed on creating high achievers and good performers. It is no longer about learning and quality teaching. This formula definitely doesn't add up to happiness. Is this paradigm setting us all up to fail? Our current definition of success, which I take it to be, "achieving at all costs", is strangling our system. Kids are disengaging and disconnecting because there is so much pressure on performing flawlessly. Teachers are burnt out since they can't be creative and innovative because they have to teach for the standardized tests.

As an executive and life coach, my passion is to witness people doing what they love. I am an advocate of joy, play and experiential learning. I want our definition of success to include

collaboration, time to process, love of learning, motivation, inspiration, see failure as a lesson and not as something you want to avoid at all costs... I believe this to be the remedy to what we are currently experiencing - disengagement and disconnection.

I truly love people and people's uniqueness; I believe that our system is creating little robots in the schools and in the work place, and I will try my hardest to fight against this trend. We live in a culture where results have hijacked passion. When people are engaged in what they are doing, life becomes PURPOSEFUL!

"I asked this 50 year old man on the train what he was thinking about, he said, "How much longer can I do this for?" We had a conversation about work and the meaning of life. I want to know why people work jobs they hate when they have enough money to quit or to do something they love? Life is precious. Get your values in line. I love that man but I also wanted to yell at him. If you're that man, "Stop it. Take a risk. Live happy. Do what you love & give. Happiness comes from purpose"

- Katie Meyler

If you want to hear Katie's ted talk and get re-connected with passion follow this link:

<https://www.youtube.com/watch?v=z9BeYdVS4FI&sns=fb>

The Life of an EXPAT

by Sandra Olper

There is a lot of humor when one is figuring out life as an expat: Things that were once obvious are not anymore. The way you communicate at home and abroad are totally different. The groceries you are used to buying are suddenly a rarity. *“Should I eat this or is it used for cleaning?” People are speaking to me slowly and LOUDLY and if I recall correctly, I am not deaf or dumb, I just don’t speak the language.” “I just poured what I thought was orange juice into a cup and it came out in chunks...ooooh it was yoghurt!!!!”*

All of these things have been real life experiences for me as an expat. Things that used to be familiar and habitual in my own country suddenly became complicated and new. Each place I have lived in has felt homey in some instances and very foreign in others. I believe that in a more familiar environment, we feel more connected. The unfamiliar, stretches us.

A lot of people experience a “dark side” of being an expat. Adjusting to different expectations can trigger an uncomfortable feeling. It is very common to feel like you are missing out on all the important celebrations; weddings, births, birthdays. Life is

happening WITHOUT YOU!! That’s hard to swallow. It’s common to feel disconnected, lonely and isolated. Some people that get stuck in this dark side usually feel they have no real home. Very frequently they find it hard to fit back in when they return because they have changed as a result of having lived abroad.

So, whether you are an expat or not, an antidote for the “dark side” is to open yourself up to new experiences. Stay in the present moment and really embrace where you are now. When you stop comparing your life now to what it was before (probably an exaggerated perfect version of it) you become open and flexible to learning and appreciating your present life moment. By embracing the present moment, you allow the adventure to start, and you make connection possible. You create space to attach to other people, other types of food and other ways of living. By being placed in these new situations you may discover parts of yourself that you never even knew existed. Go ahead and challenge yourself to stretch out of your comfort zone. It may be hard but I assure you, you won’t be sorry!

What Did Men Have To Say About Connection?

We invited some of our male readers to answer a few questions about connection. Their responses are below.

“What is Connection?”



- A place where you plug your iPhone cable
- When you can simply be yourself and it flows naturally. When the silences are comfortable.
- Connection is feeling a bond and identity to/with someone. Feeling a sense of comfort that no matter what, you feel you are ok. It is a feeling of comfort that has no equal. It means having found a person that completes you where you need to be completed and vice versa

When do you feel Connected”?

- With my family during the summer when we would do a road trip on a Camper and it felt like we were all connected. I still feel that connection today!
- I feel connection when there is eye contact. Speaking with no time constraints, outdoors, by a fire pit with a longtime friend. Speaking openly about what I have learned and what mistakes I have recognized. Hearing and feeling we had a new understanding of why we each are as we are, and feeling accepted and welcome.
- I feel connected when I have my family and friends over at my house watching the World Cup together!”
- When I met my wife, I felt a connection between us. Sometimes we didn't have to say a word to communicate, we simply looked at each other and understood everything.

On A Roll

by Jill Magerman

What do jewelry, wallets, paintings, flowers, couture-wear, fighting WWII, a cure for warts, and hair removal all have in common? Duct Tape! These ideas and so many other uses for the strong, cloth-backed, waterproof adhesive tape were not the original intent for these rolls of fun.

Duck Tape, as it was originally known, was first invented and used on the battlefields of WWII for sealing ammunition cases. It was only when people started using duck tape to repair ducts during the housing boom of the 1950's, did it get the name, duct tape. Ironically, this sticky cloth, is much more effective as a wallet than as a sealer for air ducts.

How did the story of duct tape unravel and go from hardware to craft stores? Keith Drone, self-proclaimed father of the current duct tape fad, said he wore duct tape apparel and accessories in high school "to annoy the principal." This led to his making and selling duct tape wallets, belts and ties; the proceeds of which, he asserts, paid for his entire college education.

When you have a concept how do you stick with it and build on your ideas? If you feel passion for something, you are more likely to have the drive to take your idea from the drawing board to the boardroom. Connecting with what you are hungry

for will inspire and sustain you as you pursue an idea. If you are motivated purely by the hopeful outcome and by the potential rewards of your idea, then there is little connection of your heart to your head.

Commitment, that's what drives many entrepreneurs. Visionaries have a stick-to-itiveness. There will always be obstacles and nay-sayers, but those who love what they are doing stay focused and follow through with their dreams.

Annoying the principal may have been Mr. Drone's foray into the duct tape empire, but he stuck with it because developing all these everyday products from rolls of sticky cloth connected him with his creativity and his passion.



The Coaches Corner

Creative Ideas to Assist With Making Connections

The Business Is YOU

Recently I was working with a client who was intentionally networking when ever she could since she was between jobs and was looking to make a transition to her next position. Casual conversations, even with strangers, can lead to great opportunities but it is important to have a way to reconnect after what is usually a brief encounter. There is an easy, very acceptable way to offer your contact information to anyone you meet; your business card. What if you don't have a business? Well in the 19th and early 20th century, it was common to have interactions with others that ended in a sharing of a "calling card". Calling cards streamlined introductions and helped remind people of new acquaintances and needed visits. Today, a calling card is simply a business card that you can create online that details your information so that others can easily be in touch following your meeting.

You don't need to wait until you have a job to create a business card. Always have your calling card available for the planned networking as well as the chance encounter.

What's New?

Updates from Sandra, Jean and Jill

The year 2014 is proving to be another fantastic one for the atrio team! While hibernating indoors during the cold winter months, we got busy writing, and in March we all became published authors. Our writing was part of a collaborative project including twenty one authors for a book called: "The Happy Law Practice; Expert Strategies to Build Business While Maintaining Peace of Mind." (<http://www.amazon.com/The-Happy-Law-Practice-Maintaining/dp/1940278066>). Our chapters include; Live Your Intended Legacy (by Jean), Celebrate Your Team (by Jill) and Success with Authenticity, Integrity and Heart (by Sandra). In April, we led our second annual retreat for women, "At the Hearth of your Being". Our theme this year was "The Stories We Tell Ourselves". Once again we had an amazing group of women and together we created a truly magical experience. Shortly after our retreat for women, atrio led BASF's annual business meeting alongside Rick Tamlyn. We spent two and a half days with this fantastic group of folks helping them to connect on a deeper level and teaching them how to utilize The Bigger Game as a structure to reach their goals.

Sandra Olper ...

As you were able to see, atrio kept busy this year. I am simply blessed to have more opportunities to collaborate with Jean and Jill who simply bring out the best in me!

Another exciting bit of news that I want to share is that I co-lead an open dialogue in the Randolph Middle School about education. Jennifer Wagener, a friend and parent from the Middle School, and I brought the new campaign of "Race to Nowhere" called "Replace the Race" to our school. We are collaborating with our incredible principal who is open to having everyone voice their thoughts on how we can improve the education system for our children.

Finally, I am always happy to say that I get to collaborate with all my coaching clients on every call. For coaching to work, the coach and the client need to be working together. We both need to be putting 100% of ourselves for the client to get to where he/she wants to be. I am truly blessed to be able to collaborate with so many different people who allow me to be the person that I want to continue being!

Jill Magerman ...

This has been a time of growth and expansion as well as a reminder of how short life really is. Several coaching clients have "graduated" over the last six months. While that is what I hope for my clients, I must admit that I miss being a part of their lives. So while one door closes, others open. I have some new clients that are inspiring me and connecting me with why I love this work. To see them starting to have "light bulb" moments and reclaiming the passion in their lives, brings me such joy and satisfaction.

Speaking of passions of one's life; I love standing along side my wedding couples as I pronounce them married. It is a privilege to be trusted with one of the most important events of a person's life. Learning about my couple, creating the ceremony and truly being with the couple as they say their vows has been an overwhelming thrill as I continue to build my Meaningful Milestones Life Cycle Celebrant & Wedding Officiant business.

Working with my atrio partners continues to be a highlight in my life. They connect me to my true self all the time. They push and challenge me and mostly they champion me, which allows me to go for the stretch.

Jean Hanham ...

Jill, Sandra and I often discuss that balance between the BEing and DOing in our lives. While the intention is to live life in balance, sometimes it feels like the pendulum swings further in one direction than the other. I am learning that part of the balance is simply BEing aware of the choices I have, and DOing what feels right.

My life has been filled with lots of DOing lately.

I have taken time to pursue a long time interest in Real Estate. I received my NJ Real Estate License earlier this year and have joined the team at JC Kapas Real Estate, specializing in restaurants. I am also currently taking a course on Real Estate Investing.

As a compliment to all that I do, I continue to pursue my passion for creating a healthier planet through my work with Viridian. I am helping to educate folks about their rights to choose affordable green energy solutions so we can preserve the planet for future generations.

As we say at atrio, BE DO HAVE. Who you are BEing, drives what you are DOing and creates the results you are Having. I am loving the results that I am achieving so I guess the BEing and DOing in my life are exactly were they need to be.

The Services We Offer ... With a Trio of Smiles

At atrio Professional Life Coaches we are dedicated to providing outstanding programs and services that meet the needs of our clients. Our **WORKSHOPS & RETREATS** and **PROFESSIONAL COACHING SERVICES** are guaranteed to be creative, interactive, thought provoking and fun while maintaining a laser focus on delivering high impact results that meet our client's specific objectives. We believe that great content combined with interactive and experiential learning ensures that new concepts and ideas really stick. We believe that great coaching begins when the client becomes aware of his/her situation; envisions what it would look like when it's great and then with their coach, creates the necessary steps for that to happen.

When you work with atrio Professional Life Coaches you can be certain that you will be out-of-your-chair and into the full learning experience! We take great pride in our ability to coach and facilitate an open, positive and supportive environment where participants feel they can jump in, learn and grow!

WORKSHOPS & RETREAT topics include:

- Workplace Wisdom**
- Know Thyself and Lead
 - SPARK Your Team Effectiveness
 - What is Being Said Without Words
 - Creativity Block Buster
 - Anatomy of an Elevator Pitch
 - It Takes a Village

- Personal Growth**
- Are You Ready To Soar?
 - Life's Too Short for Uncomfortable Underwear
 - What's Next?
 - Meet Your Magnificent Self
 - Drop the Rock!

- For Women**
- Putting You on Your TO DO List
 - From Hot Flash to Power Surge
 - The Wisdom of Our Mothers
 - Pajama Party
 - At the HEARTH of Your Being

PROFESSIONAL COACHING SERVICES include:

- Individual Executive Coaching
- Individual Life Coaching
- Team & Group Coaching



Visit

www.atriolifecoaches.com

for more information about our coaching, workshops/retreats and inspiring talks.

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