

Forging A Life with Coach Christine Clark



KEYNOTE – LUNCH N LEARN –
WORKSHOPS – GROUP COACHING

Keynote / Lunch n Learn

Forging A Life: Truths in Creation of Katana

Through the fascinating process of creating a Katana – Japanese Samurai sword – Christine speaks to our essential elements, authentic beauty, and inherent value. From raw material to a highly functional work of art there are lessons for business and life success. A process which is knowable.

Shaped and molded from birth to the present moment prepares us for what's next. Why disempowering frameworks are created. How to stop the sabotage and stand in your value.

Forecasting, planning, and preparation are crucial. Initial plans never survive contact with implementation. Get the essentials to stay in motion and build consistency.

Release what does not serve you to create flow. Clean boundaries and clear communication shape the work. Removing excess provides clarity.

Life trials, loss, and failure build resiliency and strength. We can transformation from egocentric facade to centered authentic. Living our best possible lives.

Each individual has unique elements. Working in alignment with intuitive talents, skills, and perspectives equals success and fulfillment. Circumstances limiting inherent gifts or marginalizing core values can be demoralizing. Embracing core elements is the path to thriving.

Owner of



SUNGLOW
TRANSFORMATION

"Christine's message is very engaging, inspiring and incredibly useful! I was riveted by her stories and metaphors about sword making, but even more excited about applying all her principles to my life and business. Great experience!"

Sean Smith, husband, father & entrepreneur
Morepark, California

Workshops / Group Coaching

Galvanized Vision

Clear the past. Connect with what is present. Set actionable first steps to move forward. You absolutely do have what it takes.

My Inner Three Year Old is a Hooligan

The power of the subconscious mind. The 90% of our brain that is below the surface gives us unlimited capacity. Yet that inner self – the wily inner child – plays by it's own rules and can sabotage us. Explore how the brain works, where our limiting beliefs come from and how to stop the sabotage.

Adding Energy and Passion to Your Work & Life

Think what your world would look like if you had energy and passion? Connect to your core purpose. Your true why. Uncover what drains energy away. Learn how to fill our energy and passion tanks to claim our best possible lives.

Have a desired topic? Is there a need to address specific issues or concerns? Ask Christine about customized workshops.

Contact Coach Christine Clark

Christine@SunGlowTransformation.com
Voice & Text 515-250-0337

Have a conversation

<https://calendly.com/sunglowtransformation/30min>

Great presentation! Clear, concise and to the point.
Steve Casteel, businessman



About Christine

Coach Christine Clark has forged her life in the fires of self employment. She brings over 55 years combined entrepreneurial experience to her audiences. She addresses the internal mental & emotional blocks that stand between us and a life of significance. Those who work with Christine ignite their passion, gain clarity on their priorities, access their inner gifts and breakthrough to greater flow, deeper relationships and increased abundance.

Coach Christine Clark is an engaging speaker who connects authentically with those present. She is creator of Forging A Life a method for understanding the factors that make us exceptional. What's in our steel and how to construct a life of flow, function and beauty.

Christine the owner of SunGlow Transformation and has been a full time coach, speaker and trainer since July 2015. She holds seven life coaching certifications. She lives with her husband Howard on their farm east of Runnells, Iowa. She has two amazing sons who are making a positive difference in the world. At home are three dogs and three cats. Christine loves sunrises, sunsets, and star filled night skies. Her spirit animal is a hawk.





Certifications

I.G.N.I.T.E. Breakthrough Coach
Neuro-Linguistic Programming Coach
Neuro-Transformational Results Coach
Motivating the Masses Platinum Partner Personal Development Coach
Elite Success Systems Master Coach

Host of Forging A Life: Beyond the Curve Calling in Your Unique Destiny radio show and Forging A Life Podcast on Transformation Talk Radio and all podcast platforms.

Previous engagements include: Boy Scouts of America Mid-Iowa Council; Women of Vision with Altoona Area Chamber of Commerce; Lisa Nichols, Motivating the Masses; Networks Ankeny, Iowa Chapter

www.SunGlowTransformation.com

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