



ALIVE

307 Sheppard Avenue West
Toronto, ON M2N 1N6

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Contact

Sarah Smith
Communications Coordinator
416-222-7477
sarah@alivetobeyou.com

ALIVE with a Difference

Make a difference in your life by checking out the programs and services offered by Liliane de Vries' keynote and Life Coaching company. Liliane's mission is to help you create an extraordinary life and to bring your life into a world of uncertainty. Individuals; groups; and both men and women are perfect participants varying on the program or service, there is something for everyone.

Born To Be ALIVE Retreat

- A two day intensive annual retreat focused on helping you find your true passions; purpose; values; and visions. Liliane will guide you through your personal commitment to discovering what brings you LIFE and will work with you to create a clear 90 day plan and make it a reality. This retreat promises to provide you with life changing experiences that will give you clarity, confidence & personal empowerment to embrace the next steps of your journey.

ALIVE To Be YOU Program

- A V.I.P. program designed to turn up the volume on your 'aliveness'. This 6-12 month program is packed with workshops, webinars, one-on-one coaching, a closing ceremony speech and the Born To Be ALIVE Retreat. This is the whole package for those really wanting to dedicate themselves to an extraordinary life.

Mastermind Group For Women

- A dynamic group of professional women who will hold each other accountable to taking back control of their lives and writing their own life scripts, creating the life they have always wanted. This group is for women who are ready to march boldly into their future.

Keynote Speaking

- As a seasoned speaker, Liliane has her audience captivated and reflective of their own thoughts and actions. Her style is one of speaking with the audience versus to the audience. She engages them by asking questions, creating movement and having them experience the learning. Liliane's voice is strong, melodic and impactful. Organizations hire her to ignite the fire within their staff and leaders and have them take charge of the life they want to lead. She shifts them from survival mode to thriving mode. She has them claim life by connecting them to what really matters.

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One-On-One Coaching

- Is a safe and confidential relationship between you and Liliane which allows for personal clarity on passions, values, purpose and vision work. Do some deep soul searching work without fear of judgment and give you the choice of agenda for each session and the outcome you would like by the end of it. Coaching grounds you in your way of being with others in all kinds of relationships to create the relationships that you want

Relationship Coaching

- Being in relationship is not about us or the other, it is about what is between us. When working with individuals, Liliane brings in your relationship with self. This could come in the form of working with your inner child or working with different voices that you listen to. There is also, as an individual, what relationship you may have with non humanistic things such as your relationship with money. When coaching a couple, whether it be an intimate couple or a couple of business partners, Liliane is always coaching the 3rd entity, the relationship. She may recommend that the individuals work with a coach separately as she is concentrated on what the relationship is looking for and what it wants happening.

For more information please visit www.alivetobeyou.com or call 416.222.7477.