



## *Cultivating your beautiful life*

- Do you feel stressed and over committed — as if your time is not your own?
- Would you like to have more order in your life? Clearer priorities? A sense that everything is not an emergency?
- Do you long for more balance between your work and your personal life?
- Are you a person in transition — newly separated or divorced, relocated, an empty nester — who would like clarity about what's next for you?
- Do you wish your office better reflected what you want to accomplish in the world?
- Would you like your house to feel more like a home?

**If you answered “yes” to any of these questions, Bella Vita can help you:**

- Shape a sustainable plan for life balance and personal care
- Discover and maximize the possibilities in life transitions
- Create a home or office environment that is supportive and truly reflects who you are
- Design a plan for increasing order and serenity in your life



B E L L A  V I T A

## What is Lifestyle Coaching?

“Lifestyle coaching helps you clarify what’s important in your life and then helps build the mechanisms, environment, and systems to make your vision a reality.”

Sharon Machrone

Principal, Bella Vita Consulting

Lifestyle coaching looks at your way of life . . . how you live . . . and how it either supports or sabotages what you want to be in the world. A lifestyle coaching program with Bella Vita will help you look objectively at how you’re living now and show you ways of rethinking and restructuring for life balance, enhanced satisfaction, and stress reduction.

For a complimentary consultation,  
contact us at 978.740.0303  
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