

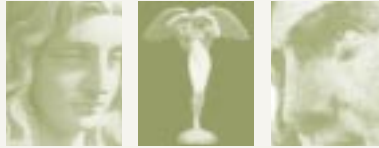
## FEMME EYE FOR THE STRAIGHT GUY



- Do you know how to create and project a personal and professional identity that allows you to accomplish what you want in the world?
- Are you satisfied with the quality and quantity of time you spend on personal nutrition, exercise, and personal care?
- Does your home and office project an image of confidence and success?
- Are you clear on the basics of such social and professional interactions as gift giving, expressing appreciation, and planning social engagements?

**If you answered “no” to any of these questions, Bella Vita can help you:**

- Build a confident personal and professional image
- Increase your competitive advantage in your work and personal life
- Design a workable plan for personal care and social activities
- Create a home environment that’s comfortable and welcoming



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 complementary consultation,  
contact us at 978.740.0303  
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