



## *The Mid-life Maze...*

Let Ellen help you navigate your midlife maze with an inspiring 2-hour session that will enrich your visit to the Sunshine Coast

## *Imagine your ideal life...*

During our time together we will renew body, mind and spirit and dissolve beliefs that keep you from your ideal life

### *About Ellen:*

My calling is to support and mentor women as they navigate through midlife. I am uniquely qualified to do this with 25 years as a women's coach and counsellor and as a fellow midlife maze navigator.

I invite you to contact me if you have any questions or would like to book a session. Group Workshops available on request.



Ellen Besso, Life Coach &  
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