

# EMPOWER U

## *Stepping Ahead*

Find out who you were uniquely created to be and what personality challenges are holding you back. Through the use of four different assessments and various exercises we unveil your values, strengths, challenges, emotional intelligence, and ideal future. This compiled information is your "Personal Profile" which you can use to guide your future decisions, achieve your goals, and eliminate hurdles. Together, we create a plan to get you where you want to be in life.

### Learn:

- How you can improve your emotional intelligence.
- Get clarity on what you want for your future and the steps to achieve it
- Improve relationships
- Quarantine the problem and discover new patterns of relating
- Create new, healthy relationships
- Discover key areas you need to watch to ensure continued success

Stop doing what isn't working and get the help you need to unleash your potential!

Choose just the Personal Profile for \$195 or the Personal Profile plus six one-hour coaching sessions and unlimited email support for just \$499.

\*Cash and Credit Cards Accepted. Payment plans available.  
Limited partial scholarships available.

**Still have questions?** Contact Brenda Greig at 612-567-8817 or [Brenda@Steppingahead.com](mailto:Brenda@Steppingahead.com)



**Brenda Greig** has a Master's in Addiction Counseling from Hazelden Graduate School of Addiction Studies. She has over eight years of personal sobriety and extensive experience working with people who desire freedom from the addictions that hold them hostage. Brenda has over twenty years of experience in the corporate environment and has been in leadership roles for non-profit and for-profit entities. Her leadership experience combined with passion for living life to its fullest will inspire you to do the same.