



NEWS RELEASE

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Electric Kites ReCHARGE Workshops Offered in One and Two-day Formats

Popular workshops encourage personal and professional growth.

December 27, 2007, Los Angeles, CA... This January, you have a new choice. One day or two? Electric Kites, a Los Angeles-based life and success coaching company, (www.electrickites.com) will offer its ReCHARGE Workshop this year in both one and two day formats. "We are excited to offer an expanded, two-day workshop this year," said Amy Ahlers, CPCC, and co-founder of Electric Kites. "Day One is a stand-alone event that allows participants to clear out any baggage from 2007 and create an inspired vision and powerful action plan for 2008," she stated. "Day Two is for participants who are ready to take the goals and action plans created in Day One and activate them into a full sensory experience," she continued. According to Ms. Ahlers, Day Two, created in response to client demand and inspired by the latest brain chemistry research, will focus on resetting the mind's neurological pathways using tools such as vision boards and success statements.

Now in its tenth year, the ReCHARGE Workshop encourages personal and professional growth through *life and success coaching*. "We developed the ReCHARGE workshop because we believe so strongly in the freedom and power available when seeing one's life for what it is," said Melissa McFarlane, CPCC and co-founder of Electric Kites. The workshop, offered each year, employs a "coach-as-optician" technique that dramatically alters self-vision, allowing the participant to truly and wholly see their lives. "We create our lives based on our thinking," said Melissa McFarlane. "If our thinking is warped—not a true rendering of our real life—then our lives will follow a circuitous course as well. When this happens to my clients, they're frustrated no matter how hard they've worked to bring it into focus," she stated. The ReCHARGE Workshop is also designed to help participants clarify and activate their goals, while learning new ways to be both happier and more successful.

Success and Life coaching is a proactive response producing positive results. Life and success coaching is growing in popularity as a career and as a service, which is not hard to understand when you consider the benefits it provides. The on-going process of life coaching helps to remove fears and confusion while encouraging pro-activity—in the lives of individuals and in the workplace. "I heartily agree with the old adage: the best way to predict the future is to create it," said Melissa McFarlane. "Our goal with the workshop is to provide participants with the motivation and focus they need to successfully achieve their goals and resolutions."

Both Ahlers and McFarlane encourage prospective participants to view the workshops as an investment in themselves. "Get what you really want...in 2008," said Amy Ahlers. "It's that time of year again—the time to think about what you want to give yourself for the holidays, what you want to get in the New Year! "

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Release—Add One

The ReCHARGE workshops will be held on January 26-27, 2008, at the Crowne Plaza, 1150 S. Beverly Drive, Beverly Hills, California, from 9:30am-5pm. Participation in the one-day workshop will cost \$195. Participation in the two-day workshop will cost on \$295. Electric Kites offers an early bird discount of \$55 for reservations made by January 4, 2008 and group discounts available for parties of three or more. The ReCHARGE Workshop has a 100% money-back guarantee. To reserve your place at the ReCHARGE workshop visit www.electrickites.com/workshops.html#sign or call 1.800.966.2FLY (2359).

About Electric Kites

Certified life and success coaches Amy Ahlers, CPCC, and Melissa McFarlane, CPCC, formed Electric Kites to make life and success coaching accessible and affordable for everyone. Based in Los Angeles with offices in the San Francisco Bay Area, Ahlers and McFarlane strive to create a better world through life coaching, one person at a time. The Electric Kite symbolizes the exhilaration of simultaneously feeling grounded and uplifted.

Electric Kites' mission is to create a better world through coaching, by providing a broadly accessible, affordable, and comprehensive suite of individual and group coaching services via the internet, telephone and face-to-face interaction.

With over 15 years experience as a coach, and trainer, Co-Founder Melissa McFarlane (www.electrickites.com/about_melissa.html) works with a diverse spectrum of clients including companies, senior executives and business professionals, entrepreneurs, artists, senior citizens, parents and individuals with a broad range of goals and experience. A sought-after speaker, Melissa has designed and taught training programs and workshops in both the United States and abroad. Melissa is a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute, and has a Bachelor of Speech degree from Northwestern University.

Since 2000, Co-Founder Amy Ahlers (www.electrickites.com/about_amy.html) has coached a wide array of clients—from artists to lawyers to corporate executives—enabling them to reach greater levels of success. Under Amy's guidance, clients have launched businesses, manifested dream jobs, doubled incomes, published books, created fulfilling relationships, and achieved a greater sense of personal and professional satisfaction. Amy is a Certified Professional Co-Active Coach (CPCC), has a Bachelor of Arts degree from the University of California, and is currently finishing her final draft of her first book, "Big, Fat Lies We Tell Ourselves (and Believe!); Wake up to the 52 Truths About How Fabulous You Are."

For more information visit www.ElectricKites.com or call 1.800.966.2FLY (2359).

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