

# Spiral UP!

In this six-month series you will meet with other powerful women committed to transforming themselves.



Wendy Wallbridge

**At times like these**, we have to make a conscious effort not to get pulled into a fearful, survivalist mode. Now, more than ever, it is possible and necessary to be guided by what is true and real in ourselves. These sessions will provide you with a structured process and safe environment to drop into the truth about what you really want and who you want to be, think through the changes you might want to make in your life, and explore your options with support. You will re-ignite that sometimes dormant part of you that is passionate and knows what you want.

## SPIRAL UP! SERIES

September 18, 2009

(9/18, 10/9, 11/13, 12/11, 1/15, 2/12)

12:30 p.m. – 4:00 p.m.

Location: TBA (Santa Clara, CA)

This is your opportunity to consciously evolve to a more integrated, authentically expressed person, so that your livelihood and life become a vehicle for the expression of your purpose, values, unique talents and gifts.

Throughout this series you will use your five Creative Capacities to:

- **gain clarity of purpose and vision** about your personal truth and gifts for the world
- **integrate the gifts of intuition**, feeling, and imagination with risk-taking, assertiveness and accomplishment
- **leverage "pinches"** (*those experiences that throw us off center*) to become more peaceful, magnetic, and purposeful
- **consciously create** more of what you want in your life
- **practice speaking courageously** on behalf of what you want and who you are
- **learn to balance** the demands of others with your soul's needs
- **investigate and transform** counter-productive thoughts and beliefs
- **open to new possibilities** so that your good can flow to you more freely
- **launch yourself** into your new life to be more of who you really are!

## What participants are saying about this group coaching series:

I took a leap and did something I don't normally do which resulted in a lot of big, positive changes for me:

- Figured out the balance between new Mom (again) and Intel
- Lost 10 pounds (long overdue)
- Finished writing a novel (a life-long dream)
- Last but not least... Covered for a sabbatical

What did I do? A 6-month coaching course.. It was amazing! The participants were all driven, corporate or business-owning women. Throughout the series, I saw that I have been giving and giving and giving for many years, but not feeling like I was receiving much. Wendy encouraged me to shift from giving to receiving.

In doing so, I realized that I didn't need to wait for others to give to me, but rather that I could receive from myself. In fact, it turns out that I was the one who was blocking the receiving... I now truly feel like I am receiving a great deal of peace, balance and happiness. I don't feel overwhelmed or stressed out much like I used to. Thank you Wendy!

– Sue Tatby, Management and Leadership Development, Intel

Wendy taught me the skills and tools to envision, name, and manifest meaningful work in the world — work aligned with my spiritual values, and also in tune with the realities and the fun of tangible worldly, accomplishment and success. After working in a group setting for 6 months, I see, speak, and act in ways that are more authentic, compassionate, and truly powerful. **I have worked with other coaches and Wendy is the stand-out because of her balance between hard core business and spirituality.** Wendy has marked out the path by which each of us can expand and enjoy more worldly success by tapping into and respecting our spiritual natures. . Last week I was promoted! I have no doubt that the work I have done with you played a major role in this promotion.

– Leslie Cross, VP Internal Audit, KLA-Tencor

Through the series I gained clarity on my life purpose and the conviction to take action towards it! I am very excited about the road ahead. **This is an excellent series for people in transition or who are looking for a change.**

– Margot Wall, Business Manager, Agilent

Wendy is just a delight to work with. Her positive and sensitive nature teaches each of us what is valuable in our own lives. She is a very skilled professional and uses personal examples, experience and role modeling to help each of us understand our inner potential. This course enabled me to change both my career and life goals. I would recommend this to anyone needing a new way to look at their career and/or life.

– *Krista Switzer, ex-Fortune 50 VP, Now Director at HP and having fun*

At a pivotal transition point in my life, I was fortunate to attend the series ....it was indeed a valuable experience! The format **gave me a core set of tools to use to evaluate choices**. Wendy's calm, focused demeanor is truly an asset in challenging a lifetime of old beliefs that need reassessment!

– *Kim Keane, Verisign*

I was an Air Force Academy Graduate, an Air Force officer, and an Intel employee. I left the rigid, structured corporate life in high tech & military where I was very successful by other people's standards but felt deeply unsatisfied. The tools I've obtained in this series have **helped me to re-define myself and recognize the things that I really want to spend my life pursuing**. In doing so, I feel I can become a even greater gift to the world than I was before.

– *Sueling Chow*

Deep conversations with other accomplished women about how to activate our deepest desires, and bring them into the light of our careers and lives in an integrated way just doesn't happen by the water cooler! Thank you Wendy for the sharp intellect, with heart and soul - that you integrate in such creative ways to encourage our growth.

– *Gwen Edwards, Former CEO, Middlewire*

You have made me think and laugh and hope and dream and every session I've taken with you has made me better, stronger, clearer.

– *Tracy Sherman, Founder, ShineOn.org Foundation*

Wendy was unfailingly present, prepared, delightful, honoring, dedicated to bringing out the best in each of us without judgement or pushing...**she invites us to** soften, relax, forgive, be good to ourselves, look deeply, and **to step beyond who we thought we could be** into a powerful presence in the world.

– *PL Thorndike, Founder of Spirit House*

I highly valued the opportunity and privilege of meeting and sharing with other incredible women. Each one contributed so much to the rest of us. The information presented was valuable in **keeping me focused and grounded in the positive aspects of who I am and what I bring to the world**. Finally, it supported me in creating space and time to be more introspective about what was going on with me in the present and in strategizing my future.

– *Linda Leyerle, Owner- Supercuts stores*

You are a "mid-wife" to my best life. This was an incredible environment to take me deep within to tap into my gifts and authentic self. Encouragement to express all aspects of myself -which I find I must do in order to have self-esteem, self-confidence and to really feel alive. I've also gained from being with the other women sharing their authentic selves. I have valued not just learning but practicing these new life skills. A new beginning...pulled me out of quicksand...HUGE breakthrough into the life I've been wanting to create!

– *Peggy Biocini, Principal, Biocini & Associates*

Joy awaits anyone who wants it. This process and seminar shows the way.

– *Kellin Chaffin*

### Join us for the free tele-class!

Spiral Up! Coaching Series Includes: Six, 3-hour live group sessions (once a month for 6 months) with Wendy

Five group tele-coaching calls and one private coaching call with an On Your Mark Coach

Please plan for an additional 90 minutes of homework and "buddy" meetings per month. (A different buddy each month enriches the process and builds your network.) Teleconferencing capability will be available should you need to physically miss a session.

Tuition: \$1,400. (\$250 deposit to hold your place.) Enrollment limited to 12 women. Registrations taken on a first-come, first-serve basis. To register, please call first for a brief interview.

Wendy Wallbridge, President / Executive Coach  
On Your Mark Corporate Coaching and Consulting  
415-883-1007 / [wendy@onyourmarkcoach.com](mailto:wendy@onyourmarkcoach.com)

For more testimonials and Wendy's bio, visit:  
[www.onyourmarkcoach.com](http://www.onyourmarkcoach.com)

**ON YOUR MARK** ▶