



TheCoachAlchemist.com

MONTHLY NEWSLETTER

JANUARY 2024 - ISSUE #1

Happy New Year 2024!



As we step into the vibrant new year of 2024, I am filled with immense gratitude and excitement for what lies ahead. Before we dive into the promising beginnings, let's take a moment to reflect on the fantastic journey we embarked on together last December.

Reflecting on December's Highlights:

Our book signing event was nothing short of magical! Your overwhelming support and enthusiasm made it a memorable occasion. I am deeply thankful to each one of you who joined us, shared stories, and added your unique energy to the event. Your participation not only made the event successful but also deeply meaningful

Upcoming Events



THE COSTA RICA
RETREAT DRAW
JAN, 31ST, 2024



WORKSHOPS STARTING
FEBRUARY 1ST 2024 (ASK
FOR DETAILS)

THE EXCITING COSTA RICA RETREAT DRAW

Remember the raffle tickets you excitedly filled out during the event? The moment of truth is nearing! At the end of January, we will draw the lucky winner who will join me for an extraordinary retreat in the breathtaking cloud forests of Costa Rica in December 2024. Keep an eye on your inboxes – I can't wait to announce the fortunate companion for this once-in-a-lifetime experience.



REGISTRATION FOR PEOPLE WHO WANT TO JOIN US FROM DEC.8TH to DEC 14TH 2024 IS OPEN; GO TO:

TheCoachAlchemist.com/Verdesana-retreat

WHAT'S UNFOLDING IN THE FIRST QUARTER OF 2024

- **The Launch of My Second Book - "Rhythmic Reverie: Dancing through Life's Interactions":** This book explores the beautiful analogy of life as a dance. It delves into how we, like dancers, navigate through various rhythms of life – from the slow waltz of intimate conversations to the passionate tango of debates, the jive of casual banter, and even the tap dance of conflict resolution. Prepare to be enthralled by the insights and revelations that await!
- **Workshops at Beverly Institute Center for Rejuvenation:** This quarter, join me for a series of transformative workshops designed to rejuvenate and inspire your mind, body, and soul.
- **Happy Hour Event - March 1st, 2024:** Mark your calendars for an engaging evening at the Beverly Institute. We'll have a mini free workshop titled "The Art of Equilibrium: Rising Above Overwhelm", promising an insightful and enjoyable experience.

MINDFULNESS TIPS TO START YOUR YEAR

- Embrace each moment with openness and curiosity.
- Practice gratitude daily – it's the key to abundance.
- Remember, a mindful breath is your anchor in times of stress.

INSPIRATIONAL QUOTES TO CARRY YOU THROUGH

- "The only way to do great work is to love what you do." – Steve Jobs
- "Believe you can and you're halfway there." – Theodore Roosevelt
- "Life is 10% what happens to us and 90% how we react to it." – Charles R. Swindoll

As we embark on this journey through 2024, let's fill it with growth, joy, and mindful moments. Looking forward to a year of breakthroughs and beautiful transformations with you all!

To Your Success,

Simonne Rossi,
The Coach Alchemist

P.S. For more details on the Costa Rica Retreat, visit:

<https://www.thecoachalchemist.com/verdesana-retreat>

