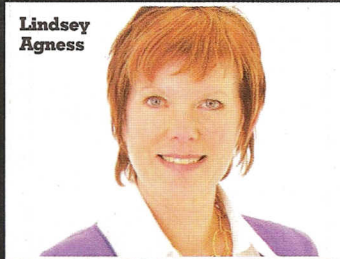


**SPIRIT & DESTINY
COMPETITION**

WIN!

**PLUS
£500
CASH**

A life-coaching workshop and hotel break



Lindsey Agness

Enter now for a chance to make 2010 the year you chase your dreams and fulfil your potential

For a fabulous start to 2010, one lucky *Spirit & Destiny* reader will win a one-day life-coaching workshop with neurolinguistic programming (NLP) trainer, Lindsey Agness. Founder of The Change Corporation and creator of Age With Attitude, a unique programme for 40+ women who believe in beginnings, not endings, Lindsey is one of the UK's top motivation experts and an acclaimed author.

NLP is a form of alternative therapy that trains people in self-awareness and communication so they can achieve their full potential.

Lindsey is offering a one-day Breakthrough session with an overnight hotel break (B&B) in Sandwich, Kent, worth £1,500

in total. The session is aimed at resolving the underlying issues that can hold you back from pursuing your true goals.

After starting her business and writing her first book in her forties, Lindsey is living proof that with the right mindset, you can achieve your dreams, whatever your age.

So what better way to hone your ambition for 2010 and get in tune with your inner psyche?

BREAKTHROUGH COACHING

The session is scheduled to last for up to six hours and will provide an intensive exploration of key areas in your personal and professional lives. Typically you will work on such issues as:

- Changing or developing your career

- Relationship issues
- Building confidence and influencing others
- Achieving your goals

You will be staying in The Kings Arms Hotel, a traditional English inn built around 1580 and ideal for relaxing in while you digest all Lindsey has to say. Situated in historic Sandwich, the hotel is a great base from which to visit nearby towns, including Canterbury, Deal, Ramsgate and Broadstairs. One night's free B&B is included, but with our \$500 spending money, why not take a friend too?

• For more information on Lindsey's books and courses, including her new *Age With Attitude* programme, call 01304-621735 or visit www.thechange corporation.com and www.agewithattitude.co.uk



The Kings Arms Hotel

READER OFFER **SAVE 10%**

Lindsey is offering *Spirit & Destiny* readers a 10 per cent discount on her *Age With Attitude* coaching programme, dedicated to mid-life women realising their potential in a seemingly youth-oriented world. There's even a money-back guarantee. Simply quote 'Spirit' when you book by calling 01304-621735 or visit www.agewithattitude.co.uk. Offer ends 31 January 2010.

TO ENTER, ANSWER THE FOLLOWING QUESTION:

What is the name of the alternative therapy Lindsey uses in her teaching?

BY POST Send your answer, with your name and address, to *Spirit & Destiny* January NLP Competition, PO Box 8125, Barrow upon Soar, Loughborough LE12 8WP.

BY PHONE Call 0901-030 8388 (UK) or 1530-288108 (RoI) and key in issue number 1.

BY FAX Fax your answer with your name, address, postcode and issue number SP1 to 0901-022 0676.

BY TEXT Text 'SP1' followed by a space, with your name, address, postcode and answer (no punctuation), to 80088.

ONLINE You can also enter at www.spiritanddestiny.co.uk

Calls and faxes cost 25p per minute from BT landlines (RoI 33c) and entries last approximately one minute. Costs on other networks may be higher. Texts cost 25p per text. Normal network rates apply. If you enter after the closing date, you will not be entered but may be charged. This is not a subscription service. UK service provider: Telecom Express, www.telecomexpress.com. RoI information provider: Telecom Express. RoI service provider: Phonovation, 0818-217100. Competition closes 12 January 2010.

TERMS & CONDITIONS: The prize is one night's B&B accommodation for one person at The Kings Arms Hotel in Sandwich, plus a one-day Breakthrough Course with The Change Corporation worth £1,500. The winner only will receive £500 cash. There is no cash alternative. Prize must be taken by 1 December 2010. Booking subject to availability.