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Press Release

Local Executive Coach to Speak at NAWBO's *Connections at Sea Bahamas Cruise*

INDIANAPOLIS, IN, JANUARY 25, 2011: Lynn Zettler, ACC, an Executive and Personal Coach based in the Indianapolis area, is selected as the professional coach and speaker of the NAWBO (National Association of Women Business Owners) inaugural *Connections at Sea* cruise retreat. Part of a three-night Bahamas Cruise on Royal Caribbean, April 29th through May 2nd.

No one wants to take work on vacation, but what if in addition to your relaxation time under the sun you were able to really enrich your life with a personal coaching workshop and a complimentary personal coaching session? Not only do you get to clear your head of the office, but you get the added benefit of growing on a personal level. When do you find the time for that? The Indianapolis chapter of the National Association of Business Women (NAWBO-Indianapolis) had just that in mind when they planned its inaugural *Connections at Sea* cruise retreat!

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The personal growth portion for the vacationers will be hosted by NAWBO-Indy member and professional coach/author, Lynn Zettler, owner and president of LifeAction Coaching, Inc. LifeAction Coaching provides services to women professionals to accelerate growth, business and team performance.

An interactive seminar, entitled "Your Personal Brand" will outline 14+ different areas where your personal brand is experienced and suggest methods to optimize and enhance it. In addition, a workshop based on Lynn's recently published book STOP Talking to Me, which is geared toward personal development and how to stop being our own worst inner critics, will also be available.

Complimentary coaching sessions and prizes will also be available to all participants. The NAWBO discounted rate is open to friends and family, so there's still time to book your 'working vacation'. As Lynn routinely says to her clients, "Remember to spend some quality time on you!"

The cost per person is \$495 and includes the cruise, professional seminar, networking, port charges, government fees and dining gratuities. Price does not include roundtrip airfare (Orlando) or travel insurance (recommended).

The group discount is available through Tuesday, February 1, and is subject to availability thereafter. Reservations must be made

via phone or e-mail, so to reserve your spot today, call (317)
863-0420 or e-mail mharris@cruiseone.com. Space is limited!

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