Please email me at fbepale@gmail.com to schedule a FREE half hour coaching call.

Choose ONE of Four:

1. Did you know that people who speak more than one language make better use of their brain? **I am offering you a 30-minute complimentary session of basic French.**

2. As an independent certified John Maxwell coach, speaker and trainer**, I am offering you a 30-minute mastermind session on a choice of two of his many books:** *The 15 Invaluable Laws of Growth* OR *The 21 Irrefutable Laws of Leadership*

3. As a certified World Class Speaking coach under Craig Valentine, MBA (1999 World champion of Toastmasters International**) I am offering you a 30-minute complimentary session on 12 strategies to improve one of your speeches.**

4. As a Health and Life coach, **I can offer you a 30-minute session on the 7 ways to balance blood sugar OR Factors that affect your sleep and how to have 7 to 9 hours of sleep.**