

# Life coaching workshop in the Radio Room

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Two life coaches are joining forces Saturday to offer a workshop they say will help people create the life they want.

"Live Your Best Life Now" will be held in The Radio Room, 1310 Ute Ave.; on Saturday from 9 a.m. to 1 p.m.

The workshop is not to tell people what to do, but rather help them recognize their values, find their authentic self and see what's possibly holding them back, said Grand Junction life coach Ramona Winkeller.

"We want to challenge people to get out of their box a little bit and play," Winkeller said.

Winkeller spent seven years with Kroger company, working in human resources and doing training, management development and teaching leadership workshops. She's certified to teach Zenger Miller Leadership courses and has completed an intensive course in life coaching through Coaches Training Institute in San Rafael, Calif.

Winkeller is currently enrolled in a leadership program there, along with Kathy Santini of Victoria, British Columbia, who is also a life and business coach.

Santini was a journalist working in Afghanistan until three years ago when she began coaching full-time.

Santini said people attending the July 12 workshop will leave with a better understanding of how "we limit our-

selves with our thoughts. And they'll leave with some tools that will help them change their thoughts and open up possibilities for themselves."

The workshop is a project of a leadership program the two women are currently enrolled in at the Coaches Training Institute.

Using experiential exercises, dialogue and application, people will explore what's important to them, ways in which they may be limiting themselves, and how to create the life they want as well as a support system to reach those goals, Winkeller said.

"Both of us are just really committed to helping people lift their dreams," Winkeller said.

Winkeller conducts private life coaching sessions and workshops. She is teaching a series of different classes throughout the summer through Grand Junction Parks and Recreation, at the Senior Recreation Center, 550 Ouray Ave.

She also volunteers as a Reiki master volunteer for St. Mary's Advanced Pavilion, where she performs energy work on cancer patients and their caregivers.

Winkeller said she was required to obtain a life coach for herself when training to become one.

"I dragged my feet getting a life coach," she said. "I was amazed what an insightful thing it's been for me."

The workshop is \$50. Registration is at 8:30 a.m. July 12. To register in advance, the number is 257-1938, or e-mail [ramonarae@bresnan.net](mailto:ramonarae@bresnan.net).