



## Are you ready to thrive?

Have you noticed that working harder isn't the answer? And that it's getting more difficult to find balance? Do you keep ending up in the same place no matter what you do? Are you overwhelmed with trying to satisfy everyone's needs? Do you feel bombarded with too many solutions for what to do and not to do? Are you frustrated from trying everything and still not experiencing the results you deserve?

*"No problem can be solved from the same level of consciousness that created it." ~Albert Einstein*

The reason you feel like you can never do enough, find enough time, make enough money or get to where you'd like to be is that in the game of survival there are no winners. The only way to find the balance, happiness and fulfillment you long for is to begin creating your life from within.

*"Whether you're creating life or business cultivating U shifts effort to ease, lack to fulfillment and surviving to thriving."  
~ Cindy Silbert, Founder of Bring U to Life and Creator of Life Cultivation*

The U in Bring U to Life is why our coaching creates dynamic results that last. U stands for internal energy and everything that exists, including you and your business, has its own unique energy or U. When you connect with your U and express it, pure energy is released into the Universe flipping on the switch to a synchronistic flow of people, possibility, prosperity and even miracles.



## Let me be your guide.

Bring U to Life Coaching transcends beyond life coaching and other motivational programs giving you the power of Life Cultivation, a dynamic fusion of eastern practices and coaching. The difference is our coaching delivers lasting results faster than other options available to you and it's creative, transformational and fun.

Explore which option is best for you.

Life Coaching, Business Coaching, Personal and Business Branding, Creative Coaching, Breakthrough Coaching or Intuitive Coaching.

### Life Coaching

Is this you? I'm successful but feel like there's something missing. I want to be more expressed and fulfilled. I want to recreate myself and enrich my life with adventure and opportunity. I'm done with settling, I want to be happy. I want to have it all and create my dream life. I'm in a transitional phase such as divorce, empty nest, changing careers or recovering from mental, physical or financial hardship.

If you answered "yes" to any of the above, Life Coaching is for you. Cindy will guide you to clear what you don't want and create what you do want. You'll learn techniques and tools to create your life, manifest your desires and ultimately experience lasting fulfillment.

### Business Coaching

Is this you? I want to make more money and increase my business revenue. I want to create a new career or ideal business. I'm overwhelmed and have lost my passion for business. I've successfully created my business but don't know what to do next. I want fresh ideas and ways to grow my business.

If you answered "yes" to any of the above, Business Coaching is for you. Cindy will assess your business desires and create a program tailored to your needs. Through Business Coaching, you'll reconnect with your passion and create a thriving business. You'll learn techniques and tools to create your business, achieve optimum business success and find lasting personal fulfillment.



Let me be your guide.

## Personal or Business Brand Coaching

Is this you? I'm doing everything I know but not experiencing the success I deserve. I need a big idea or strategy to take my business to the next level. I want to be number one in my field or market. I want more leverage with my brand and marketing. I want to position my business more effectively in the marketplace.

If you answered "yes" to any of the above, Personal or Business Brand Coaching is for you. Cindy will guide you through a dynamic branding process bringing your unique personal or business attributes to life. You'll actively create your personal or business brand and develop a branding strategy that will naturally attract clients, media and revenue opportunity.

## Creative Coaching

Is this you? I want to write a book, paint or produce other creative work. I'm experiencing a creative block. I want to create a business that expresses my passion and purpose. I want to tap into my creativity either personally or professionally. I want to unleash my natural ability to create in every aspect of my life.

If you answered "yes" to any of the above, then Creative Coaching is for you. Cindy will guide you to cultivate your natural ability to create. You'll actively learn techniques to create what you want as well as tips and tools for marketing your creative work and maintaining a creative practice.

## Breakthrough Coaching

Is this you? No matter how hard I work I keep ending up in the same place. I'm depressed and unable to move forward. I'm caught in a vicious cycle with debt, relationships, health or life in general. I hold myself back with self-sabotage, negative self-talk, limiting beliefs or fear. I want to access the power of the Universe and Law of Attraction.

If you answered "yes" to any of the above, then Breakthrough Coaching is for you. Cindy guides you to breakthrough what's stopping you, release creative energy and aliveness as well as identify action steps that will transform your life.



Let me be your guide.

## Intuitive Coaching

Is this you? I'm curious as to what my future holds. I want to deepen my inner connection and intuition. I want to discover my true self, purpose or destiny. I want to access the power of the Universe and Law of Attraction.

If you answered "yes" to any of the above, then Intuitive Coaching is for you. Cindy guides you and teaches you how to use Oracle Decks and other techniques. You'll strengthen your intuition, learn to trust yourself, gain insight to how "it" all works and gain access to the Divine and unlimited potential of the Universe.