

# **Fully Living Your Commitments**

Saturday, April 20, 2013

Talon Performance Business Center, St. Louis Park, MN

---

~ Greetings ~

As we live into 2013 and the years ahead, we craft goals and make resolutions. As we do, we grapple with the question of **what** we will commit to do. What quality do we want to develop in our lives? What do we want to achieve? Or perhaps it is a matter of what we no longer want to do. What have we been doing that no longer serves us?

Oh, that it would be that easy – simply to decide it. We know that willfulness alone does not make it possible to make good on our commitments. We must learn **how** to live our commitments and embody them. Doing so requires that we focus and cultivate genuine presence, defined by Richard Strozzi Heckler as “a state impregnated with an open-minded curiosity, relaxation and power that comes from seamlessly knitting together one’s mind, body and spirit.” Being present, centered, and supported by practices to sustain us over time, we are then able us to bring the whole of ourselves to our commitments, embody them, live them fully.

---

*Presented by*

**Coyne Coaching and Consulting, LLC**  
*and*  
**Centered Presence Coaching and Consulting**

**Dennis Coyne** is a certified Strozzi Institute Master Somatic Coach. He is also certified by the Hudson Institute of Coaching. Dennis is a wise elder, bringing his many years as a successful lawyer, writer, and conference presenter to his work. **Billy Anderson** is a somatic bodyworker and coach, bringing 13 years of experience as a Master Personal Trainer facilitating behavior change in the wellness domain. He is also a dedicated practitioner and teacher of meditation.

Dennis and Billy have worked with clients to integrate mind, body, and spirit; take effective action; and create the future they want. They are informed by their study of Aikido, a Japanese martial art devoted to the study of transforming conflict into harmony.



## ~ We Can Help ~

We can help you answer the **what** and the **how** questions, as you make and keep your commitments. Our confidence is based on the fact that we have helped many others deliver on their commitments. Among the comments from our previous courses:

- “A life changer – really a life changer.”
- “The combination of your two styles is dynamic, energetic and inspiring.”
- “I am leaving for the day with a clear intention and specific plans – excellent!”
- “Excellent - wonderful to have a full day to absorb all I’ve learned and to start my practice. Thanks for this day.”
- “The day was very well-planned and well-paced to allow the space and loving environment for all of us to grow and learn. It was a gift. I think the principles and practices will help me move with confidence and compassion toward what I want to create.”
- “A rich learning for head, heart, and body. It (somatic principles and practices) now makes much more sense to me. It was the right time and I’ll want more.”

---

## ~ Cost ~

The cost is \$375 for one person, \$650 for two people. In addition to the full day when we meet, enrollment includes one private 90-minute coaching session, and phone “spot” coaching to answer questions or help you strategize along the way. Resource materials are also included.

---

## ~ Join Us ~

You are invited to join us at **Talon Performance Business Center**, 5891 Cedar Lake Road in the Sunset Ridge Business Park, St. Louis Park, MN. We will meet for a full day. We will begin at 8:30 a.m. and conclude at 5 p.m.

We encourage you to call us to answer your questions. Dennis can be reached at 763.577.0546. Billy can be reached at 612.636.4040.

Please join us. Come as you are. Together, we will envision your future and help you create it. As never before, you’ll have skin in the game.