



INTRODUCTORY SEMINAR

# A New Take on Aging

Choosing Change for a Full & Enriched Life

Saturday Jan. 14, 1-4pm

Uncommon Movement Studio

402 Main St N Suite 400

Stillwater, MN

PRESENTED BY

**Bonnie Lynn**

Woman-Centered  
Transformational Coach



# Are your MOST FULFILLING YEARS still ahead of you?

An extensive study published in the New England Journal of Medicine found:

- 1st MOST productive stage is from Ages 60 to 70
- 2nd MOST productive stage is from Ages 70 to 80
- 3rd MOST productive stage is from Ages 50 to 60

A new take on AGING, right? Perhaps an UNCOMMON view!

Are you a **brilliant, conscious, talented woman** with a life time of experience, yet part of you is yearning for more, for a fuller discovery & expression of who you are?

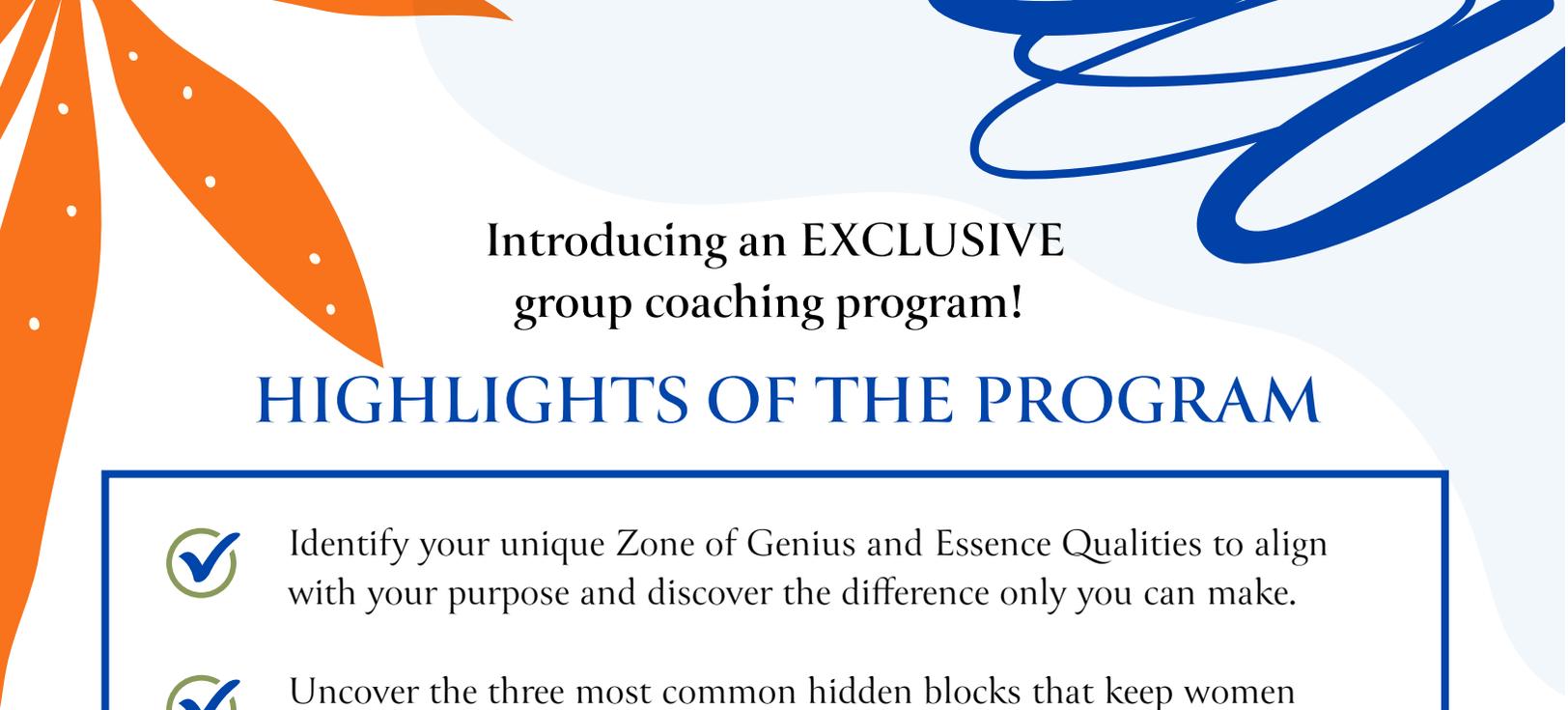
Are you **hungry for deeper connections** in your closest relationships?

Are there whispers from your soul calling you to align with your purpose; to leave your unique signature; to **make a bigger impact**?

Maybe you are in **a major life transition** that leaves you wondering “what’s next”?

Are you **living with a burning question** or two that you haven’t resolved on your own and you don’t want to be asking yourself next year or 3 years or 5 years from now?

If you are resonating with any of these questions KEEP READING...



Introducing an **EXCLUSIVE**  
group coaching program!

## HIGHLIGHTS OF THE PROGRAM

- ✔ Identify your unique Zone of Genius and Essence Qualities to align with your purpose and discover the difference only you can make.
  - ✔ Uncover the three most common hidden blocks that keep women stuck and depleted from over-giving and learn how to break through them.
  - ✔ Learn the UPLEVEL! Formula to access more Love, Prosperity, Health, and Visibility.
  - ✔ Experience new levels of support through POWER PARTNERSHIPS..
  - ✔ Unlock a navigation system for your life that honors the feminine qualities and energy to ignite your highest potentials.
  - ✔ Three power sources to turn on to be a POWERFUL CREATOR and AUTHOR of a new story where you get to be at the center of the story.
  - ✔ Learn the difference between goals and destiny intentions.
  - ✔ Access and use your BODY WISDOM as a guide to self-actualization to create the highest, best and most meaningful life possible.
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# Experience an INTRODUCTORY SEMINAR

Includes Overview, Mini-Workshop,  
Group Coaching, and Body Movement Class

Saturday, January 14, 2023

1 - 4 pm

Uncommon Movement

402 Main St N Suite 400, Stillwater, MN

Investment \$49

[REGISTER HERE](#)

## ABOUT YOUR COACH



### Bonnie Lynn

Woman-Centered  
Transformational Coach

I'm Bonnie Lynn, woman-centered transformational coach, facilitator, consultant, and speaker. I serve primarily High Performing and Executive Level Women and Socially Conscious Organizations to uplevel their impact and create positive transformation in their individual lives, in our systems and in our world.

Previously, I was a business owner, CEO and leader in the commercial construction industry for 25 years. I've built a high 7-figure commercial construction business from the group up, received multiple industry awards, been featured in business magazines, served long-time terms on the Board of Directors for the Association of Woman Contractors and the St. Paul Area Chamber of Commerce and been an advocate for women in construction.

Despite my many achievements, my proudest and most significant accomplishment is reclaiming my authentic voice and purpose after a period of intense loss in both my personal and professional life. It is in guiding myself and others, primarily women, to shift from the disconnection of living according to the status quo to creating their life by design through connecting to their deepest desires and unique gifts that have brought me the richest experiences of my life.