



Sheri Lives Wellness

Sheri E. Barnes
MA, MEd, NSCA-CPT
408 Huntington Rd.
Andale, KS 67001

Phone: 316-259-9728
Email:
sheri@sheriliveswellness.com

Terry Bieberly, Jr.
The Growth Coach
407 Homestead Ct.
Wichita, KS 67030

Dear Terry & Tom:

Thank you very much for a stimulating, thought-provoking workshop yesterday. I found the materials and the discussion to be useful for generating the introspection that is necessary to inspire any meaningful change of behavior, habits or thinking pattern.

I have already begun to use my Strategic Planner according to the suggested schedule, and I am happy to say that I have marked four of my planned contacts as completed. What I particularly like about the Strategic Planner is the "Money Making Opportunities" section. I had been feeling the need to find a better system for organizing my prospects, referral sources, alliances and support team. The structure provided by the Strategic Planner gives me a start in right direction and helps me to categorize these contacts more appropriately in my mind.

I like the long-term approach taken by The Growth Coach. I agree that what is missing from so many workshops is the follow-up. That can be the difference between a meaningful catalyst for change and just an interesting day. I have seen that firsthand in the past.

I look forward to my individual sessions. I am sure they will be beneficial, as well.

Again, thank you for a worthwhile day yesterday.

Sincerely,

Sheri E. Barnes
MA, Med, NSCA-CPT
Wellness Educator