

# Grace Durfee

## Personal Coach, Trainer & Speaker



### Grace Durfee, of Balance with Grace,

is a certified coach, trainer, and speaker who helps small business owners, career changers, and busy managers achieve professional success while enjoying more balanced lives. Her programs are designed to give participants the opportunity to discover, grow and learn in a lively, supportive environment.

Both energizing and empowering, Grace's style appeals to a wide range of audiences. She has delivered programs for many organizations including InfoTech Solutions Network, Merrimack Valley Chamber of Commerce, Horn

Group, and Valley Works Career Center. She is also a continuing education instructor for Northern Essex Community College, a Coach U teleclass leader and is a member of the Get Clients NOW! University faculty.

Grace's diverse background includes training and development, career planning and placement, and sales. She is a graduate of The College of William and Mary and Coach U and is certified through the International Coach Federation. She is VP of Education for the 501 Chapter of Toastmasters.

### Many Paths to Center

**W**ould you like to find ways to calm and center yourself in the midst of daily life? Have you discovered a meditation technique that works well for you, or are you still searching? Join us if you'd like to explore different pathways to peace and the present moment. We'll employ all of your senses, your body, mind, and spirit as we experience a variety of meditation and grounding techniques, including yoga, breathing exercises, mantras, finger labyrinths, music, mindfulness, and visualization.

### Picture This: Manifesting Your Heart's Desire

**A**re you happy with what you are manifesting in your life? Are you blessed with abundance in all areas of your life? Using exercises, inquiry, and discussion, you will clarify and learn ways to create what you really want. You'll also make your own dream map in class, so bring your aspirations and intentions, mix them with paper, scissors, glue sticks, and magazines and see what takes shape!

These programs are available as:  
Keynotes, Workshops and Teleclass.

### Creating a Balanced Life

**A**re you satisfied with your present quality of life? Do you enjoy a comfortable mix of work and play? Is your life filled with love, laughter, passion, and purpose? Designed to put you on a path toward a more fulfilling life, this highly interactive program:

- ◆ Provides tools to help you determine where your life is out of balance
- ◆ Offers strategies for facilitating change
- ◆ Introduces exercises to help you create the life you want.



BALANCE *with* GRACE

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