



ReCharge with life coaching on Island

Alameda native says workshop helps develop positive outlook

FROM STAFF REPORTS
Inside Bay Area

ALAMEDA — Alameda native Amy Ahlers, 31, returns home this weekend to offer a life-coaching workshop she and partner Melissa McFarlane promise will make 2005 a breakthrough year.

Ahlers, a Bishop O'Dowd graduate and a certified professional life coach since 2003, came to her current coaching position after several years in Los Angeles working as a teacher, advertising sales executive and actress.

McFarlane — the daughter of former U.S. National Security Adviser Robert "Bud" McFarlane — was her life coach.

In 2002, the two formed Electric Kites, an L.A.-based life-coaching company with a team of 25 coaches, and offer their ReCharge workshops in such cities as San Francisco, London and Zurich throughout the year.

McFarlane, 40, promises people will leave the full-day workshop with a clearly defined action plan to improve four to six areas of their lives, including career, relationships and finances.

"Life coaches challenge people to face their futures with a passionate, curious, decisive outlook that works," she said.

The 2005 ReCharge workshop is Saturday, 10 a.m. to 5:30 p.m., at the Casitas Clubhouse, 1101 Verdemar Drive. Cost is \$150. Deadline to register is Friday. To register, call Electric Kites at (323) 276-1864 or register online at www.electrickites.com.