



## **NEWS RELEASE**

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### **Electric Kites Success Coaching Pilots New \$49.95 ReCHARGE Workshop in San Francisco Area**

One-day success coaching workshop provides affordable and immediate support for personal and professional goals.

Los Angeles, CA, February 7, 2008—Electric Kites Success Coaching is piloting a brand new one-day ReCHARGE workshop in the San Francisco area on February 9<sup>th</sup>. Success coaching, also referred to as life, or personal coaching, promotes positive physical, mental and spiritual health and offers support for personal and professional goals and transitions. ReCHARGE provides a one-on-one coaching experience in a group environment for \$49.95. Each attendee leaves with a clearly defined action plan to improve four to six areas of their lives, including career, relationships and finances.

“ReCHARGE is a fun, fast-paced event,” said Melissa McFarlane, CPCC, Electric Kites co-founder and certified life and success coach. “It allows you to clear out baggage from the previous year and create a daring new perspective that immediately turns the ‘old self’ into an ‘all-new self,’” she stated. The new one-day success coaching workshop will include exercises incorporating the latest brain research, which bombards both conscious and subconscious minds—to make 2008 goals manifest. According to McFarlane, participants:

- ∞ Set their own agenda—no pre-fab, one-size-fits-all goal-setting
- ∞ Share only what they are comfortable with—no public displays of emotion necessary
- ∞ Get individual attention whenever they need it—extra coaches are in the room
- ∞ Enjoy the laughter—the ReCHARGE Workshops are always lots of fun
- ∞ Will be amazed at how much they accomplish in one short day
- ∞ Create a customized plan for their most successful year ever

“We are often asked who benefits most from ReCHARGE,” said certified Life and Success Coach and Electric Kites Co-founder, Amy Ahlers, CPCC. Ahlers has found that people in transition, experiencing the aftermath of divorce, graduation, job loss or change, find ReCHARGE especially helpful. “We see a real range. We work with entrepreneurs, artists, teachers, actors and successful corporate employees,” she said.

ReCHARGE, offered each year in Los Angeles, San Francisco, London and Zurich, employs a “coach-as-optician” technique that dramatically alters self-vision, allowing the participant to truly and wholly see their lives. “We developed the ReCHARGE workshops because we believe so strongly in the power of individuals,” said Melissa McFarlane. “We have updated the workshop to incorporate innovative techniques in re-training the brain and have lowered the price to make the event widely accessible”, she concluded.

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The ReCHARGE workshop will be held Saturday, February 9, 2008, from 9:30am-5:00pm in Oakland CA. The full-day workshop costs \$49.95 and has a 100% money-back guarantee. Advance tickets required. To reserve your place at the ReCHARGE workshop visit <http://electrickites.com/pdf/recharge2008.pdf> or call 1.800.966.2FLY (2359).

### **About Electric Kites**

Certified Life and Success coaches Amy Ahlers, CPCC, and Melissa McFarlane, CPCC, formed Electric Kites to make life and success coaching accessible and affordable for everyone. Based in Los Angeles with offices in the San Francisco Bay Area, Ahlers and McFarlane strive to create a better world through life coaching, one person at a time. The Electric Kite symbolizes the exhilaration of simultaneously feeling grounded and uplifted. Electric Kites' mission is to create a better world through coaching, by providing a broadly accessible, affordable, and comprehensive suite of individual and group coaching services via the internet, telephone and face-to-face interaction.

With over 15 years experience as a coach, and trainer, Co-Founder Melissa McFarlane works with a diverse spectrum of clients including companies, senior executives and business professionals, entrepreneurs, artists, senior citizens, parents and individuals with a broad range of goals and experience. A sought-after speaker, Melissa has designed and taught training programs and workshops in both the United States and abroad. Melissa is a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute, and has a Bachelor of Speech degree from Northwestern University.

Since 2000, Co-Founder Amy Ahlers has coached a wide array of clients—from artists to lawyers to corporate executives—enabling them to reach greater levels of success. Under Amy's guidance, clients have launched businesses, manifested dream jobs, doubled incomes, published books, created fulfilling relationships, and achieved a greater sense of personal and professional satisfaction. Amy is a Certified Professional Co-Active Coach (CPCC), has a Bachelor of Arts degree from the University of California, and is currently finishing her final draft of her first book, "Big, Fat Lies We Tell Ourselves (and Believe!); Wake up to the 52 Truths About How Fabulous You Are."

For more information visit [www.ElectricKites.com](http://www.ElectricKites.com) or call 1.800.966.2FLY (2359).

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