

## NEWS RELEASE



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### **Flagstaff Athletic Club Hosts the Whole Life Profile Assessment & One-Day Workshop to Achieve Life Balance**

Flagstaff May 20, 2019: Flagstaff Athletic Club (FAC) announced that they are hosting the innovative program for life balance, Whole Life Profile & Workshop July 27 and September 21, 2019 facilitated by Sheryl Dawson, Certified Whole Life Profile Consultant. All participants complete the insightful assessment with personal and private debrief session prior to attendance in the one-day workshop on their preferred date. Individuals, couples, life coaches, and representatives from corporate and community wellness groups are invited to participate.

Robb Faust, FAC Fitness and Sports Director shared, “Flagstaff Athletic Club is very excited to offer the unique assessment and workshop, Whole Life Profile (WLP) to the Flagstaff community. The WLP is particularly helpful in revealing interrelationships among life spheres to identify one’s personal gaps and facilitate sustained change. Without judgement it allows individuals, as well as couples, to prioritize development and set wellness goals to achieve a pattern of life-long change.”

“ Life balance ensures success in every aspect of one’s life. Overcoming life and career transitions, physical or health challenges and family challenges requires an awareness of one’s imbalances and effective strategies to change. The Whole Life Profile & workshop enables participants to achieve their goals and greater happiness. ”



Sheryl Dawson  
Certified Whole Life Profile  
Consultant & Facilitator  
Dawson Consulting Group  
Harrison Assessments Solutions  
Partner for 17 years

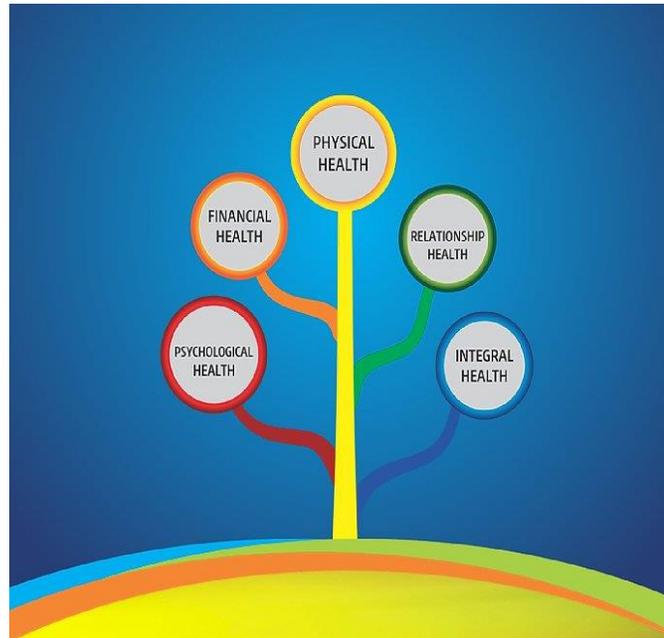
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Harrison Assessments has researched and developed a one-of-a-kind assessment that identifies all five health spheres for personal development. The Whole Life Profile is an excellent assessment to enable you to achieve balance for a happier, more fulfilling life whether your focus is:

- Work & Life Balance
- Health & Wellness
- Career Transition
- Life Transition

Benefits in participation for individuals and couples include:

- Learn keys to psychological happiness - Achieve greater self-confidence and self-satisfaction.
- Learn behaviors and attitudes for financial success and how your behaviors and attitudes compare.
- Learn the key issues related to career success and how your inner strengths can catapult your career.
- Discover key factors that enable you to have fulfilling relationships and the ways in which you may be sabotaging yourself.
- Discover how your physical health habits are affecting your happiness in all aspects of your life.
- Learn how you can reach your full potential and personal life meaning.



Alan Black and Laura Celis Black, health coaches and marriage educators, shared, "We are confident both individuals and couples can greatly benefit from the transformational Whole Life Profile & Workshop. The WLP in depth understanding of all 5 life dimensions and how they impact each other enables focused development with effective strategies to achieve balance and enhance personal and relational satisfaction."

Additional Information and registration are available at [www.WLPregister.info](http://www.WLPregister.info)

## About Flagstaff Athletic Club

Flagstaff Athletic Club is a private, family owned club that was established Feb. 10, 1979. It opened with one location with 10,000 sq. ft. and was mostly a racquetball club. Today it has grown to two locations with over 110,000 sq. ft. and a multitude of services and amenities unmatched in Northern Arizona.

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