

Keynote Speaker 2012

Jeff Forte, LifeCoach



Jeff Forte, founder of PEAK Performance Partners LLC and PEAK Results Coaching in Glastonbury, CT is our keynote speaker for our Mothers of Twins Association of CT 2012 State Convention. His address today will be “The Spark of Polarity - The Key to Relationship Success”. Have you ever been in a relationship where you were initially totally attracted to your partner, and over time, you just lost that sense of attraction and connection? Loss of attraction is the #1 cause of divorce and relationship separation. Today Jeff will talk about how opposites attract and how the interplay of masculine and feminine energy stimulates a relationship of passion, or destroys the connection. You will also learn about the magnetic pull of polarity. Polarity is the key to passion, connection and intimacy. Do you love

them, but are not in love with them? *Blame Polarity*. Are you less physically attracted to your partner? *Blame Polarity*. Is your sex life dull or non-existent? *Blame Polarity*. Are conflicts increasing in your relationship? *Blame Polarity*. Jeff will also discuss the 6 essential needs that make the difference between a happy, fulfilling relationship and a relationship doomed to failure.

Jeff has personally trained with the best, the master of personal development, Tony Robbins, who Forbes ranks as one of the “top 50 influencers in the world” and world renowned psychotherapist, Cloe Madanes, who Psychology Today calls a “living legend”.

Jeff is Proficient in Neurolinguistic Programming (NLP) and advanced Emotional Freedom Technique (EFT) and has studied and modeled Milton Erickson, the world’s leading innovator of personal change techniques. He is a Certified Strategic Interventionist Coach by the Robbins-Madanes Center for Strategic Intervention where his training has helped him to empower people to shift some of the most challenging life situations that you might imagine ranging from teen depression and suicidal thoughts to conflict resolution with teams as well as anything imaginable in between. His experience is extensive in helping executives to resolve behaviors that limit their opportunities.

He is a Certified Marriage/Relationship Educator also by the Robbins-Madanes Center. This training has helped him to turn marriages from the door step of divorce into re-committed loving relationships. Relationships are a key area that prevent people from experiencing life success, and he uses simple proven strategies that can completely shift even the most challenging relationships where people have given up all hope.

Jeff’s practice is located at 2389 Main Street, Glastonbury, CT 06033. He can be contacted via email at info@peakresultscoaching.com or by phone at 860-633-8555.

Mothers of Twins Association of Connecticut

Convention 2012 Workshops



Meditation and Finding Our Angels With Jennifer Shackford & Noelle Garneau Certified Angel Messengers and Teachers

This workshop will discuss the origins of The Angels and how they are given to us by God for tools, helpers here on earth and to help guide and protect us until we are with him again. We will discuss how, from time to time, every mom feels like she can't take it anymore. As mothers, we realize that our lives are not our own anymore and how we dedicate ourselves to our children. Everyone will be led through a gentle guided meditation so we can meet our angels! The meditation will also offer everyone something structured to bring home with them - a meditation to do, a prayer to help balance us and heal our mind, body and spirit. We will talk about how Angels can change our lives once we invoke them into our lives. We will also elaborate on the importance of positive affirmations.

Jennifer has trained to be an Angel Messenger and Advanced Angel Practices by Karen Paolino Correia, LHT, Angel Messenger, Soul Coach and Author. She has also trained with Rita Berkowitz, Spirit Artist, Spirit Communicator, Spiritual Counselor and presently attends the New England School of Metaphysics and trains under Elaine Kuzmeskus, M.S., Director and Author, for mediumship. Jennifer also is enrolled at the Divine Blessings Academy for her Bachelors in Spiritual Healing with Instructor, Rev. LaVonda Young, Ph.D. Jennifer is also a Reiki II Practitioner.

Noelle Garneau is a *Certified Angel Messenger* and *Teacher* who has studied with nationally recognized angel practitioners and spirit mediums; Karen Paolino, Rita Berkowitz, and Justin Terry. Her healing practice is dedicated to helping others find their spiritual path and reconnecting to their divine radiance. Noelle is currently training for her Usui Reiki II Practitioner certification and attending ongoing courses for healing utilizing Integrated Energetic Therapy (IET). Her passion is assisting and guiding all those who too have been feeling the calling and are willing and ready. Noelle is also a mother of twin boys!



Club Networking Workshop

In this workshop members can discuss various topics of interest with members of other clubs. A moderator will be available to offer discussion topics. This is a great workshop for members to attend if they are looking for ideas for their club and would like to speak to others about successes in other clubs.

Women's Sexual Health with Slumber Parties Representative Jennifer Garrison-Harrison

Jenny Harrison has been educating and empowering women about their sexuality through a fun in home party plan called Slumber Parties since 2003. She has been studying women's sexuality ever since and has attended workshops with Dr. Ruth and Dr. Laura Berman. Last year she had the honor of working with Marshall Miller and Dorian Solot, the authors of the best selling book "I Love Female Orgasm". She has served on the advisory board for Slumber Parties for the past three years and is an educator for the company. Last month she was a guest speaker at Sexapalooza in Ottawa, Canada. When Jenny isn't out making women laugh and teaching them about sex, she enjoys traveling with her husband and spending time with her family. You can book a party with Jenny today after the presentation or by visiting her website at <http://www.slumberpartiesbyjenny.com>.



Sherri Englehart –Shea Healthy Living & Healthy Eating



Sherri Englehart-Shea is a mom of three (all singletons), a wife, a dental hygienist and a TLS Weight Loss Solution coach. TLS stands for Transitions Lifestyle System and it is just that, a lifestyle not a diet. TLS focuses on low glycemic impact eating, body composition and supplementation. During this workshop Sherri will focus on the basics of healthy living and eating, how to incorporate exercise into a busy schedule and why supplementation is necessary.