



**Above and Beyond  
Community  
Classes, Inc.  
Presents:**



**Mondays 3-3:50pm  
via Zoom**

# Group Life Coaching

**with Erin Ulasak & Gina Frisina**

In this highly interactive and unique class, the instructors will teach students the importance of S.M.A.R.T. goal planning, steps to take for goal achievement and how to support one another collaboratively. Life Coaching in general is for the purpose of improving our day to day choices and outcomes. Instructors will teach students the communication skills necessary for leaning on one's community when working towards our best self. The class work will culminate in a planned group event celebration. Class will be held via Zoom and at 35 West.

**\$360.00 for 8 Sessions:**

7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 35 West Main St, Smithtown, NY