

May 2009

WE DELIVERED COACHING TRAININGS FOR BUSINESS START-UP CENTRE BAR, MONTENEGRO

From April 4th till April 9th 2009 we delivered "Coaching" training for Business Start-up Centre Bar, Montenegro (project „Establishment of Business Start-up Centre and Business Incubator Program in the Municipality of Kragujevac, 2007-2010“, financed by The Dutch Ministry for Development Cooperation).

Mobilis would like to thank to all for active participation and positive approach. It was a real pleasure to work with such active and positive young people.

INTERESTING

A HAPPY AND FULFILLING LIFE

1. Never underestimate the power of a cuddle: it can bring so much pleasure to old and young whilst healing hearts, minds and bodies.
2. A smile is priceless and it costs nothing and when reciprocated can make a heart sing.
3. Life is for living so live it every day of your life. Wake up your senses to smells, sights and sounds and rekindle a childhood memory or a wonderful moment
4. Change any negative thoughts that you may have to a rainy day. Ask what you can do to make the best of the weather.

MOBILIS PUBLICATIONS

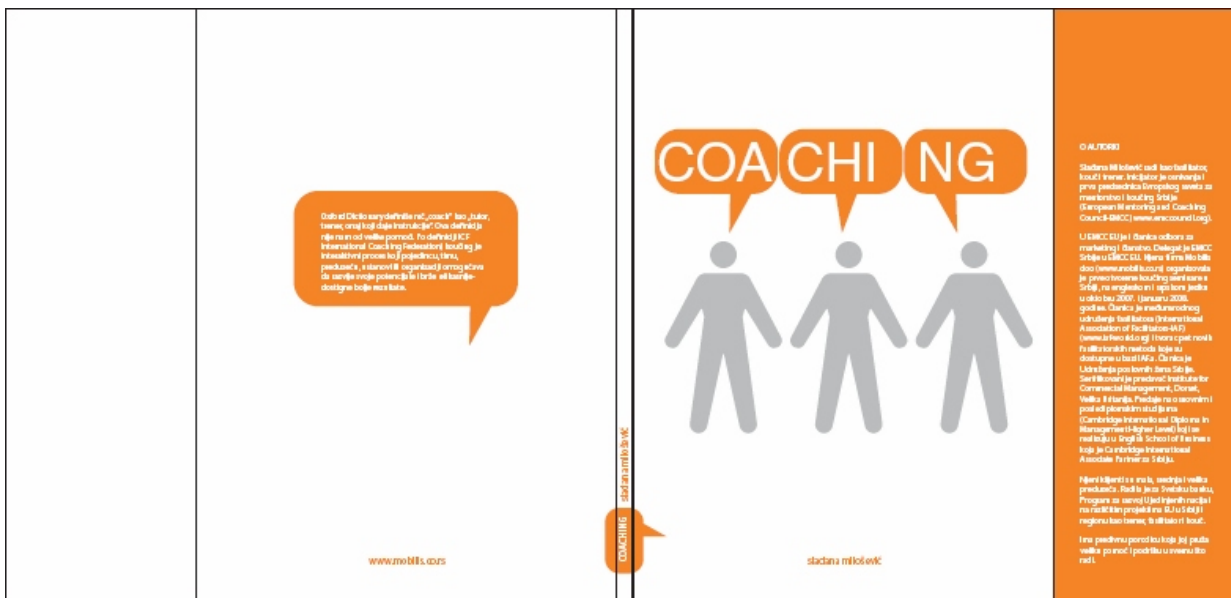
“Coaching (koučing)”, Slađana Milošević, published by Mobilis doo, February 2009, ISBN 978-86-912275-0-0 (in Serbian language)

Our Coaching Trainings in: April, May and June 2009

Serbia May, 4-8th 2009 and June, 1-4th 2009
Slovenia May 25-27th 2009
Macedonia - June 16 and 17th 2009

5. Do something different everyday however small.
6. Ask your husband/wife or partner what would make you a better husband/wife/partner and get them to ask the same of you. Ask family, friends, boss etc. the same question.
7. Don't be afraid to say how you feel, disagree or put your point across when communicating with anyone and everyone. As long as it is done in a positive and understanding way, this will help you and them to learn and grow. Each time you do this, it will become easier.
8. Enjoy a varied diet and look for new and interesting healthy food (organic where possible) and this will boost your immune system and your energy. Even not-so healthy food can be enjoyed in moderation. Eating should be a pleasure and not a chore.

Jayne Wynne, *Life Coach*
Personal Success Magazine,
September 2007
London, UK



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