



About Coach Victoria

**Victoria FittsMilgrim holds 4 certifications
in coaching and retreat facilitation:**

- Professional Certified Coach (PCC),
International Coaching Federation
(The governing body of coaches worldwide)
- Certified Professional Co-Active Coach,
Coaches Training Institute
- Authentic Leadership Coach,
Naropa University, Boulder CO
- Certified Retreat Coach, Mountain Coaching
(Standard for Retreat Leaders in the US)

Victoria has a coaching practice, leads retreats for women and facilitates her own business program in leadership and communication in Durango, Colorado. She is known for creating safe and courageous space for her clients to evoke their own passion, creativity and aliveness as they create their True Life.

As a professional certified coach, Victoria is committed to educating the public about the value of coaching in creating a life of meaning, joy and fulfillment.

Services & Contact

Additional services include:

- Custom Retreats (Women, Workplace, Family)
- Individual Life Coaching
- Coaching for the Workplace
- Meeting Facilitation

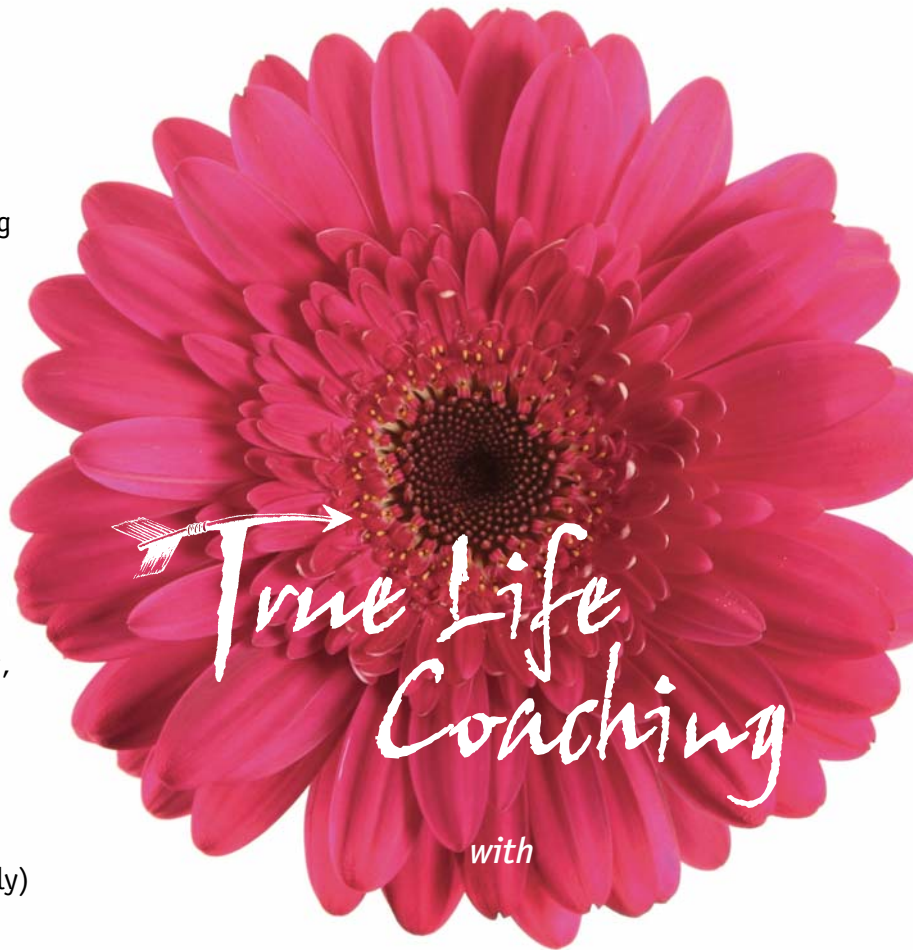
It is not a coincidence you picked up this brochure—you've heard a call, you have a longing to live life with more joy and meaning. **Why not contact me and try a complimentary session!**

Call: (970) 259-9040

Visit: www.TrueLifeCoach.net

Email: victoria@truelifecoach.net

Retreats of Self-Discovery to nourish your soul



Victoria FittsMilgrim, PCC

www.TrueLifeCoach.net



Guided Retreats

What is possible when you step off the hamster wheel?

In the ever-faster moving world, we are all seeking balance and to feel restored by what really matters. Why not step out of regular time into Kairos—Sacred Time in the Now—that honors you and your essence. Saying yes to come on retreat will give you access to your inner wisdom, a sense of clarity and purpose and the gift of true self care—all in a nurturing and fun environment.

Guided by a certified coach and retreat leader, you will experience:

- A deeper connection to your authentic self
- Powerful perspectives that lead to more balance
- Insight and learning for personal growth
- Your own clarity and wisdom
- Personalized strategies for effective action to transform your life

All retreats include:

- Pre-retreat support in designing a powerful intention
- Friday night opening to invoke the circle
- Inspiring activities such as reflection, creative self-expression, movement, meditation & more
- Coaching tools to motivate learning and action
- Resource list to further guide you
- Closing ceremony to celebrate your journey

If you are ready to step into a loving community of women, share your soul's dream, be inspired, and renewed; to tend the hearth of your inner life, join me on a guided retreat!



Retreat Settings

Kelly Place, located in McElmo Canyon in Southwest Colorado, bordering Canyon of the Ancients National Monument, gives access to thousands of acres for hiking and exploration of Anasazi ruins in red rock canyons. Home-cooked meals at the adobe lodge and a traditional Native American Kiva ruin, feed your soulful self.

Vallecitos Mountain Refuge is an historic wilderness ranch on 135 acres in the northwest corner of New Mexico, 1 1/2 hrs from Taos and 3 hours from Durango. The log cabin lodge overlooks lush alpine meadows and the Vallecitos River. Guests stay in individual casitas and yurts. There is a serene meditation hall, cozy library, and a 30' yurt for meetings and gatherings. At 8,800', surrounded by 1000s of acres of the Carson National Forest, this wildlife refuge and mountain sanctuary offers you an opportunity to deepen your relationship with the natural world.

Colorado River - A float trip through the Ruby/ Horsethief Canyons on one of the world's most awesome rivers. We begin outside Grand Junction in rafts and inflatable kayaks, drifting below red rock walls over 1,000 feet. There are 4 nights of camping along the river where everyone pitches in to build a community experience. Group size is small to assure a meaningful adventure with great memories. No experience is necessary but enthusiasm and team spirit are required.

Testimonials

"Victoria's warm laughter, intuitive vision and direct communication have shifted my life. She consistently creates an environment where I feel safe to remove my masks and set my authentic spirit free. A retreat with her always refreshes and excites me!"
– Nanci Moore, Durango, CO

"As women we don't take enough time to recharge ourselves and truly appreciate our own feminine energy or that of the women in our lives—this retreat made that possible!"
– Ana Maria Vasquez, Ignacio, CO

"Taking the Journey With Your Wild Soul Retreat was the best gift I've given myself in a long time! A stunning location, a wide variety of activities and reflection, and Victoria—an intuitive and insightful guide, created a special weekend of growth and magic."
– Penny Wanger, Durango, CO

"It doesn't feel like this is a weekend that is just a peak experience, but that I'll have the ability to use what I've learned here to bring myself back to this space."
– Jeanne Capachin, Norfolk, MA

Is your True Life calling?

Retreat Schedule 2009

Spa for the Soul

"Self care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."

— Parker Palmer

Glance through the phone book and you'll find many listings for self-care for the body. When was the last time you made time to nurture your soul? Join me on a journey to connect with your dreams, your creativity, your passion and your life's purpose! Delve into the sweetness of who you are.

This 2-day experiential retreat will bring you into a safe setting where you concentrate on the most delicious and nourishing themes that feed your soul. In sacred circle you will:

- Connect with your deepest held values
- Journey to meet your highest self
- Discover and name your Life's Purpose
- Commit to an Act of Power to align and heal power leaks
- Create an Act of Beauty to share in co-created ceremony

Return home having experienced real fulfillment—having found the place where the full force of your energy, talent, creativity and passion are present. The place that gives you the freedom and direction to choose your True Life. Come, be nourished!

The Details:

April 17-19, 2009 (Friday 5 p.m.–Sunday 12:30 p.m.)

Mary Stuart House, Goshen, Connecticut

Fee includes facilitated group program with a certified coach/retreat leader, retreat materials including the Life Purpose Workbook, 2 nights accommodations, all meals from Friday dinner to Sunday breakfast, and snacks.

Investment: \$495, single room (register by 2/13/09), \$550 thereafter

Deposit: \$200 (nonrefundable)

Balance due: 30 days prior (3/13/09)

** Deposit accepted by credit card, balance by check only.*

For Moms Only

A day to nourish your soul for all you do!

You deserve a day just for you! As a Mother, you give most of the time. It is natural that you need to go to the well to replenish yourself. Join me and other Mothers for a day without family obligations. Take time to connect with the land...to dream...to play...to reflect and celebrate in community. This day is about honoring who you are as a Mother and reconnecting with who you are as a Woman. Give yourself the gift of self-care.

The Details:

Saturday, May 16, 2009 (10 a.m.–6 p.m.)

Location TBA near Durango, CO

Investment: \$79 includes nurturing group program, a delicious lunch and other playful goodies!



Being in the Flow

River Rafting Retreat

"If struggling were the way to get there, we'd all be there by now."

What if we lived as if we already belonged?" – Victoria Castle

Enjoy a unique river trip through the Colorado National Monument Area with a group of women committed to increasing their capacity to Be in the Flow of Abundance – not just on the river, but throughout their lives. Floating down this red rock canyon, sheltered by towering red sandstone towers, there is plenty of time to swim, paddle, hike through side canyons, and relax over 4 days at Summer Solstice.

We begin and end our days with Council and Coaching circles, designed to learn ways of working with our minds & bodies to create a state of uninterrupted Abundance.

- *Uncover the beliefs that keep you in Scarcity thinking*
- *Upgrade to beliefs that honor what matters to you now*
- *Discover the cycle of Abundance in your Life*
- *Become aligned to create a life that nurtures and supports you.*

We enjoy the bounty of full light within and around us and feel the feminine spirit at work in nature's desert garden of the Southwest.

Delicious river cuisine, inflatable kayaks and a chance to take the oars all add up to plenty of fun while learning and practicing new skills to stay Centered and in the Flow of Life. Everyone brings their enthusiasm to the river camp life, pitching in to build a community experience. Our small group size (12 maximum plus guides) assures a deeply meaningful adventure with great memories and practical tools to return home with. Sign up now for a unique trip combining both an inner and outer journey of exploration in the beauty of western Colorado.

The Details:

June 18-22, 2009 (Thursday 4 p.m.–Monday 3 p.m.)

Meet in Grand Junction, CO

Fee includes facilitated group program with a Certified Coach and Retreat Leader, all retreat materials, rafts, guides, group camping equipment, all meals from Thursday dinner to Monday lunch, and snacks.

Investment: \$669 (register by 3/1/09), \$699 thereafter

Deposit: \$200 (nonrefundable)

Balance due: 45 days prior (5/1/09)

** Deposit is accepted by credit card, balance by check only.*

Quest for your Authentic Leader

"You wander from room to room hunting for the diamond necklace that is already around your neck!" – Jalal-Uddin Rumi

In rapidly changing times, when everything continues to move at warp speed, take some time in nature to discover and dialog with your authentic leader within. She is the one who is on a journey to stay present—moment to moment—while holding her inner knowing of what matters. Her Authentic Presence and groundedness allows her to bring her vision to the world and motivate others to make a difference.

In the beauty and spaciousness of 100s of acres of pristine land, lovingly nourished and protected, join a community of women seeking its leaders. On this six day retreat you will:

- Discover the gifts of your life's journey
- Experience the magic of a solo mini-quest
- Connect with a vision of leadership right for you
- Learn and practice daily mindfulness meditation
- Express your deepest self-knowledge through imagery
- Find out what keeps you from living as a leader
- Be held in a community of acceptance and celebration

Vallecitos Mountain Refuge boasts private accommodations, gourmet food, a historic lodge with meditation hall and meeting space. This high altitude ranch is remote with a rustic atmosphere. A daily 1/2 hour of service to the ranch will be asked of each participant. Daily routine includes meditation, group sessions and personal time. You will share this ancient forest sanctuary with wildlife and millions of twinkling stars. Come and unveil the star that is you.

The Details:

August 9-14, 2009 (Sunday 4 p.m.–Friday 10 a.m.)

Vallecitos Mountain Refuge, near Taos, NM

Fee includes facilitated group program with a certified coach/retreat leader, retreat materials, meditation instruction, solo cabin, all meals (vegetarian) from Sunday dinner to Friday breakfast and snacks.

Investment: \$999 (register by 3/15/09), \$1050 thereafter

Deposit: \$300 (nonrefundable)

Balance due: 45 days prior (6/25/09)

** Deposit accepted by credit card, balance by check only. Ask about payment plan.*



Journey with your Wild Soul

"To nurture a soulful, creative life we need to reconnect tenderly with our wild soul. We need to create a loving, open, non-judgmental space for our tender parts to gain footing and courage. We need to create a clear path for the flow of Spirit through our lives." –Terry Tempest Williams

In an environment that provides solitude and peacefulness among ancient ruins, this weekend offers you ways to deepen and expand how you listen and know the authentic voice of your soulful self. Sourced by many wisdom traditions, join in the dance of life and feel a powerful connection to the web we are all a part of. Together we will explore many soulful activities:

- Group teaching and coaching around sacred practices
- Soul Collage—metaphor and imagery from your soul
- Songs and dances of self-expression
- Meditation
- Visualization to meet your animal allies
- Solitude for journaling and deep reflection
- Poetry that touches your soul's longing
- Co-Creating authentic ceremony

We will use the traditional Kiva (underground ceremonial chamber), to descend on a sacred journey, listen and let go of what holds us back from living authentically. By sharing the gifts of our experience in a ritual manner, our intentions to live in right relationship with our deepest self will emerge effortlessly. With guidance, you return home with a full basket of resources to live deeply connected to your soul.

"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." –Anais Nin

The Details:

November 13-15, 2009 (Friday 5 p.m.–Sunday 3 p.m.)

Kelly Place - McElmo Canyon near Cortez, CO

Fee includes facilitated group program with a certified coach/retreat leader, retreat materials, accommodations, all meals from Friday dinner to Sunday lunch, and snacks.

Investment: \$640, single, \$580, double room

Deposit: \$200 (nonrefundable)

Balance due: 45 days prior (9/30/09)

** Deposit accepted by credit card, balance by check only.*

