



**Deb McGregor-Pfleger, CPCC, ACC**  
*Certified Professional Co-Active Life Coach*

## *What would it be like to live a more joyful life?*

Are you going through a **life transition** such as a job change, family change, or life change and just feel stuck? Are you looking to become intentional about creating **JOY and fulfillment** in your life through your core values and life purpose?

Do you need **accountability** and intentional roadmaps for weight loss and athletic performance goals?

Call Deb McGregor-Pfleger at (218) 556-3288 or visit [www.inthelightcoaching.com](http://www.inthelightcoaching.com) to schedule a FREE 30-minute sample coaching session to see if life coaching is a good fit for you. Let Deb help you **discover your brilliance** and empower you to lead the life you want. Tune in to Coyote 102.5 every Monday through Friday at 8:45 a.m. for the In the Light Coaching segment.

## *In the Light Coaching*

*Discover your brilliance.*

*New Location! Healthy Choices Building off of Anne Street*