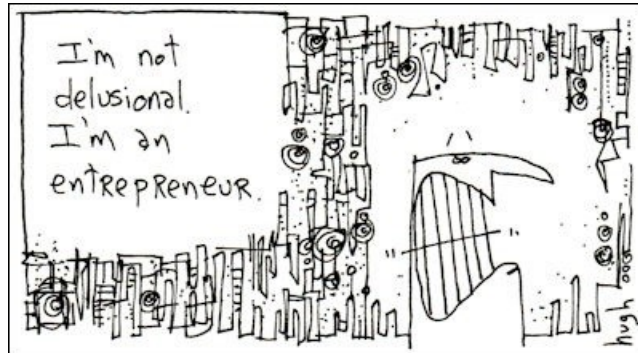


Disappearing Into The *Fire*



Are you finding yourself lost in your work?

If you are looking to expand your thinking about success, fulfillment & possibility, join us for a one-day workshop which will give you tools to:

- *Reconnect with yourself to define the essence of what you want*
 - *Gain clarity on your goals*
 - *Develop an actionable blueprint*

Location: In Good Company Workplaces : 16 West 23rd St., between 5th & 6th, 4th floor, NYC

To Register Contact Ann Mehl: ann.mehl@gmail.com

Date: Dec. 5th, 2010 Time: Sunday: 10:00-4pm Cost: \$199.

Refreshments & Lunch will be served.



Jerry Colonna is a life coach who uses the skills he learned as a venture capitalist to help businesspeople. Previously, he was a partner with JPMorgan Partners (JPMP), the private-equity arm of JPMorgan Chase. He joined JPMP from Flatiron Partners, which he launched in 1996 with partner, Fred Wilson. Flatiron became one of the most successful, early-stage investment programs in the New York City area. At Flatiron, Jerry was responsible for a wide range of the firm's investments including Geocities Inc., Gamesville Inc., Vertical One Inc., and The New York Times Digital. Prior to founding Flatiron, Jerry was a founding partner at CMG@Ventures L.P. ("@Ventures"). Jerry worked for 10 years for CMP Media, one of the largest technology publishing firms in the country. From 1985 to 1993, he served in a variety of roles at InformationWeek, including a three-year stint as its Editor.



Ann Mehl is a certified Martha Beck coach specializing in life and career transitions. A former executive recruiter and coach, she assists individuals who feel stuck in their lives or simply need a plan to jumpstart their careers. Ann guides clients to listen to their authentic selves and focus on their personal growth. She provides a blend of support, empathy, and engagement to address the mental blocks which stand in her clients' way. Ann graduated from Boston College and resides in NYC. Her articles have appeared in *Women's Running*, *Body+Soul*, *Betty Confidential* and *Martha Stewart's Whole Living* program.