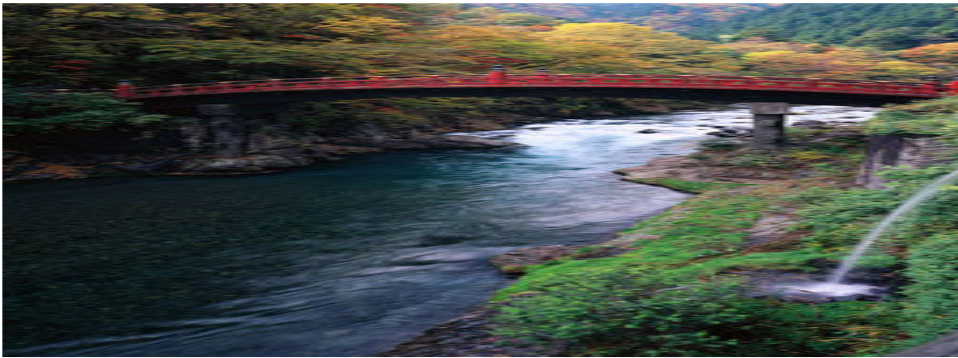


2010

Meredith Bromfield



Last Updated: 7/1/2010

Crossing Your Bridge, LLC

www.MeredithBromfield.com

www.CrossingYourBridge.com

My goal is to guide people into living an amazing life and find meaning in life-challenging times.

Sometimes life hands us challenges that can only be handled by having someone come along side and guide us!

Crossing Your Bridge's mission is about helping individuals face LIFE CHANGING events with hope filled solutions. "Change" we love it, we crave it, we fear it, and we avoid it; talk about a love-hate relationship. What do we love about change? Is it for the prospect of something new and different?

Change can envision things that are better in our world. Change can mean what wasn't working can now be addressed. Why do we crave change? We feel that change can make our life better. Whether it is as simple as a new hairstyle, or a new relationship, or a new job or whatever is not working, we feel a "change" can fix it.

If change is good why would we fear it or avoid it? We have personal history that indicates that not all change is good. For example, the new boss that everyone thought would make the workplace a better environment turns out to be a nightmare. Or, the relationship that started out fabulously is now destroying your life. Sometimes, we fear change so much that we stay stuck in something just because we fear the unknown.

How can we figure out when change is good and when change is not? This is when a person removed from the situation can offer some constructive and non-biased advice and an opportunity to look at one's life and take advantage of **LIFE COACHING** sessions. Maybe what you need is weekly encouragement, and our **WORDS OF WISDOM** can become your lifeline. Or perhaps, attending one of the **WORKSHOPS** that we offer can help you put the changes you are facing into perspective.

Whatever you are facing, whether it is personal, financial, or emotional or even on a spiritual note, hope-filled solutions can be the bridge to help you, and our experts at Crossing Your Bridge can make it happen.

Abundantly grateful,

Meredith Bromfield

Founder of Crossing Your Bridge ©, LLC



Let Me Be Your Guide

Crossing Your Bridge, LLC

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18013 Granite Circle

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(630)618.9400

Products & Services Summary

WORKSHOPS

Visit <http://www.CrossingYourBridge.com/Workshops.html>

Meredith will work with you to custom design your workshop. One of the first choices to make is the length of the workshop. Meredith offers 1- hour, 3-hour, or a one-day 5-hour session. The content of material covered will be the same but the depth of each subject will be determined based on time allocation. Please contact us for prices and materials included for each workshop.

LIFE COACHING

Visit http://www.CrossingYourBridge.com/Life_Coaching.html

When was the last time you had someone focus ENTIRELY on YOU – to help you get what you REALLY want? A Certified Life Coach* helps you find focus, identify your goals, track your progress, and stay motivated along the way. A Life Coach helps keep you on track – not just with your long-range goals, but also with your monthly, weekly, and daily goals.

No cost involved and no obligation. Just call (630) 618-9400 or send an email to info@crossingyourbridge.net to set up a **free** Laser Life Coaching session. Various packages are available.

INSPIRATIONAL BOOKS

Visit <http://www.CrossingYourBridge.com/books.html>

Crossing Your Bridge, LLC © has a wide-variety of wealth, knowledge and resources to help you through a difficult time in your life. We are able to offer support through a wide array of inspirational books authored by Meredith Bromfield as well as personal recommendations from well renowned authors.

WORDS OF WISDOM

Visit <http://www.CrossingYourBridge.com>

We offer weekly Words of Wisdom delivered directly to your personal Inbox – **free of charge!!** We offer guidance and motivation for action on topics such as Life-Changing Choices, Creating a Legacy, Midlife Millionaires and Proverbs/Psalms.

Licensed Investment
Adviser - 20+ years
experience

Certified Life Coach
through “The Life Coach
Institute” founder Shad
Helmstetter author of
What To Say When You
Talk To Yourself

Inspirational Speaker

Master’s Degree in
Educational Psychology

Expert for Smart Women’s
Coaching™

Certified Teacher (6-12,
Speech & English)

Travel Consultant

Author

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Workshops

MEREDITH'S MOST POPULAR AND REQUESTED PROGRAMS

Creating A Legacy

There are "**four basic pillars**" of a family legacy. In our workshop, we discuss the importance of each of these pillars. **Our team understands** that you **want your life or the life of a loved one to have mattered**. Each of the pillars is unique and must be addressed or can create undue stress in the lives of loved ones if left for chance. Our goal is to help individuals who have so much to share to **give them a voice** through our legacy program.

Building a Financial House

This workshop is very **hands on** and visual. Using a basic diagram of a house, we start with a description of what is included in the "pillars" and "foundation" to **making your money grow**. We describe to you which money decisions can create sinkholes and destroy a financial house. By participating in this workshop, you will **find out what it takes** to set up the "main rooms" for the first floor (emergency funds, wills, protection), second floor (retirement), and third floor (college and home). We also include the attic, which is all about dreams and goals, and we share the **8 Principles of Getting Whatever You Want**. This workshop is designed for someone who struggles with understanding how money works, whether you are a teenager or finding yourself handling the finances for the first time. There is something for everyone to help them improve their financial situation.

Finding Your Passion

Finding Your Passion is a Journey, not a Destination, and is all about **finding where your real joy lies**. It is about **creating a treasure map** to your soul. Passion is a life-force, an energy that once reckoned with and harnessed can create an unbelievable, awesome and terrific life. **Where are you today?** Are you living a life that has harnessed that passion in your life? Are you at a point in your life where you can retire and now you wonder what you really want to do when you grow up? Then this seminar is for you. **Come join the adventure and harness the energy and create your dream life**. Passion's Tremendous Life-Force is about living your life with intent, and not living by default!

OTHER POPULAR WORKSHOPS:

- ☆ Life-Changing Choices
- ☆ Your Stress Free Life NOW
- ☆ Dare to Prosper
- ☆ Getting What You Want
- ☆ God, Money and You

Visit <http://www.crossingyourbridge.com/Workshops.php> for more information. Just call (630) 618-9400 or send an email to info@crossingyourbridge.net

Meredith's Speaking Style

Meredith leads her audiences with a dynamic, fast-paced mix of very practical how-to information delivered with a dose of inspiration and motivation.

Her infectious energy and upbeat personality will help your organization and its members.

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Life Coaching

WHAT IS LIFE COACHING?

When was the last time you had someone focus ENTIRELY on YOU – to help you get what you REALLY want? A Professional Life Coach will help you reach your goals -- in every area of your life. Meredith is a Certified Professional Life Coach thru CERTIFICATION COMPANY?!?!

What is a Life Coach? A Certified Life Coach* helps you find focus, identify your goals, track your progress, and stay motivated along the way. A Life Coach helps keep you on track – not just with your long-range goals, but also with your monthly, weekly, and daily goals.

Why are so many people now using Professional Life Coaches? When you have a professionally trained Life Coach working with you, you have a trained support coach – someone who knows what to do, someone who knows how to guide you – and stays with you, someone helping you get through the obstacles, and to reach your goals. Your Life coach is a mentor, a guide, and a motivator – giving you objective feedback, encouragement, and non-stop support.

What are the benefits you'll get from working with a professional Life Coach? You'll have a trained professional focusing completely on you and what you want to achieve. You'll have help identifying what you really want in every important area of your life, and you'll have help getting it. You'll have help and assistance, not just now and then – you'll have help, week after week. You'll have help finding your focus, creating the right attitude and the right actions, overcoming obstacles, tracking your progress, and staying motivated!

How does Life coaching work? You'll meet once a week, by phone, for a one-on-one conference -- usually from 20 to 45 minutes a session. In each phone conference you'll plan and review, together, each of your "focus goals" and action areas. In each session, you'll also receive support and guidance in creating the right attitudes and motivation in the areas that you want to work on most. In addition to the weekly phone conferences, you'll also communicate by e-mail – so you'll have help and support throughout the week.

What areas does a Life Coach focus on each week to help you most? Along with defining, setting and tracking your goals, you will focus on every important aspect of your attitudes and actions that determine your success - in each area of interest in your life – Job & Career, Money & Finances, Health & Fitness, Personal, Self-Esteem, Personal Organization, Growth, Personal Relationships and Quality of Life to name a few...

Every Life Coaching session is carefully structured to make the session easy and enjoyable while at the same time guiding you, step by step, toward the practical achievement of each of your goals.

How can you try Life Coaching - and find out if it works for you? NO COST involved and NO OBLIGATION. Just call (630)618-9400 or send an email to info@crossingyourbridge.net to set up a free Laser Life Coaching session. **You'll truly be amazed at the results from even one session. And it's free! Call or e-mail today!**

FREE Laser Life Coaching Session!

We always offer a **FREE 20 minute** Laser Life Coaching session to all new clients! If we feel that we are not a good match, we **WILL** find someone qualified who is.

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Testimonials

As a result of Meredith's **constant** and **unceasing encouragement** during some of the darkest moments of my life, she has had a **profound effect** on the enormous success I have had in the financial services industry as well as my personal life. That encouragement, not only lead to my financial success in a Wall Street work environment but, it also planted the seed that blossomed into a wonderful marriage and a life that became blessed beyond my wildest dreams.

Gary Summers

June, 2010

Meredith is **thought provoking**. Her workshops encourage one to look in depth at what makes one tick.

Jack Beuse, Realtor,
Paradigm Real Estate
Colorado Springs
May, 2010

I have worked with several clients and people I managed about their having to become the parent for their parents. They had no idea what their parent wanted to have happen when they were incapacitated prior to death. "Create a Legacy" workshop would have made the ordeal easier.

Tom Manzer

Diet Center
May, 2010

Thank you for doing the program at the ANW meeting. It was incredible. You can express your passion so beautifully.

Bente Rasmussen
Investment Adviser,
World Financial Group

You are a **breath of fresh air** and I love your proposal!
I truly look forward to working with you.

Lenore Gall
Leadership Development Committee Chair ALTAFF

I thought your workshop (*Finding Your Passion*) was wonderful. I can't think of anything I would add to it. Thank you so very much for speaking at our high tea, you made it a very interesting, informative and delightful afternoon.

Sandra Wiley
March 27, 2010
"Finding Your Passion"

Additional Testimony Available
upon request and can be viewed
on
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