

INNER FREEDOM

Living the life
YOU WERE TRULY MEANT TO LIVE



Join **DR. KEITH MERRON**
for a soulful and deep dive into what it means
to live a fully embodied life

After years of working with
leaders of all kinds and discovering
the keys to a fulfilling life, Keith
shares his insights in an upcoming
book and a yearlong workshop

The group will begin in late spring/early summer and there will
be only 20 seats available, so email soon to sign up!

The group will meet in person monthly and by teleconference as
participants explore their deepest longings for a fully expressed life.

Special pricing for this
inaugural event: \$250
on a sliding-fee scale.

About Keith

Dr. Keith Merron is the founder and Managing Partner of Avista Consulting Group, an organizational consulting and leadership development firm dedicated to helping organizations with bold visions achieve sustainable high performance and industry leadership. He has more than 30 years of experience assisting executives and managers in business, government, and education become extraordinary leaders. He has created and led hundreds of workshops, each focused on leadership, authenticity, and personal power. Keith received his doctorate from Harvard University and is the author of several books including *Inner Freedom: Living the Authentic Life You Were Truly Meant to Live* and *The Golden Flame: The Heart and Soul of Remarkable Leadership*.



For more information or if interested, contact Keith at (415) 488-4003
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