

FOR IMMEDIATE RELEASE:

### **Stacy McKay Shares the Secret Ingredients to Creating Successful New Year's Resolutions**

TAMPA, December 21, 2009—Wellness and Empowerment Life Coach Stacy McKay announces a free goal setting workshop to be offered in January at the Center for Women. This free workshop is titled: *Goal Setting for a Healthier, Wealthier and Happier Life* and will provide the vital information needed to create successful New Year's resolutions.

"It's that time of the year again," said Stacy McKay. "We are full of hope and anticipation. We make resolutions that we will change our unwanted habits and become healthier versions of ourselves. Unfortunately, 88% of the New Year's resolutions that are made never succeed."

To help people keep their resolutions, Stacy McKay will be offering an interactive workshop that will provide the groundwork or secret ingredients to achieve lasting change.

*Goal Setting for a Healthier, Wealthier and Happier Life* will meet from 10a.m. until 11a.m. on January 7, 2010 and will be held at The Centre for Women, 305 S. Hyde Park Avenue, Tampa, FL 33606. For more information or to register call (813) 251-8437 or visit [centreforwomen.org](http://centreforwomen.org).

Stacy McKay is a certified Wellness Coach, an Empowerment Life Coach and a Personal Fitness Trainer. She is certified through the Empowerment Training Institute, a worldwide consulting and training organization, the Aerobics and Fitness Association of America, and Wellcoaches, Inc., which offers Wellness training to health and fitness professionals in partnership with the American College of Sports Medicine. Stacy's innovative coaching style draws upon the emerging field of positive psychology, a field focused on the scientific study of happiness and well-being. Stacy is a member of the International Positive Psychology Association and International Coach Federation.

For more information, visit: <http://stacymckay.com/about-stacy-media/> or contact Stacy McKay at (813) 943-1384 or [stacy@StacyMcKay.com](mailto:stacy@StacyMcKay.com).

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