

Mesquite Local News (Nevada)

Life Coach Offers Self Improvement Workshop

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Nikk Zorbas, a performance coach, author, and recording artist, is offering a four-hour workshop entitled "Discovering the Power of You."

The seminar will be held at the Mesa View Regional Hospital Conference Room beginning at 5 p.m. on Wednesday, May 5.

The workshop will include techniques for eliminating doubt and building a positive self image, staying positively motivated in tough times, and using The Law of Attraction to achieve success.

Zorbas is best known for the inspirational CD "The Reveal, Dream Big Never Quit," which he created with Rudy Ruettiger.

Ruettiger is the iconic hero and namesake of the movie "Rudy," and details his time as an undersized walk-on with the Notre Dame football team.

In addition to offering self-improvement seminars and recordings, Zorbas is also a weekly columnist, offering his uplifting ideas every Monday in his "Staying Positive" column on MesquiteLocalNews.com.

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For more information on Nikk Zorbas, go to www.DiscoveringThePowerOfYou.com.