



## **FOR IMMEDIATE RELEASE**

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### **Events Provide Unique Opportunity to Learn Critical Personal and Business Relationship Skills**

New York City, New York (February 8, 2008) – TateWorks Life Consulting, LLC<sup>TM</sup>, a Work Life Strategy firm, has announced a new addition to its popular ReClaimurLife Series of life coaching events that to teach people how to achieve that perfect balance between their careers and personal lives. The Together Thursdays series will feature discussion forums, current topics of interest, special guest speakers as well as the opportunity to hone networking and relationship skills.

Established in June of 2003 by whole life coach, lecturer and consultant Sandra B. Tate, TateWorks Life Consulting, LLC<sup>TM</sup> provides training and coaching to those interested in improving their lives on all levels. With proven strategies, insightful tips, techniques and forward thinking strategies relevant to the world of today, many in both the private and public sector in the New York City area have already benefited from the TateWorks series.

Exploring in depth issues aimed at personal growth and improving one's relationships, Together Thursdays also focuses on the importance of networking and motivation to enhance productivity and efficiency in any aspect of life. Ms. Tate, who with a degree in psychology and more than 15 years of consulting experience, says she guides and teaches people to, "learn how to achieve a balance between their work and their personal life by maintaining a positive outlook, minimizing stress, setting goals, and getting their lives organized."

With a positive, energetic atmosphere that emphasizes camaraderie for building both personal and business relationships, the Together Thursdays series of Tateworks' ReClaimurLife Series will begin on February 14th, and continue every second and fourth Thursday of the month. "Besides delving into interesting topics such as identifying the key factors all relationships need to thrive, and sharing expert information, Together Thursdays are geared toward those value-oriented people who want to not only meet, but exceed both their professional and personal goals," says Ms. Tate.

For more detailed information, or to register for the Together Thursday series, Ms. Tate can be reached at (212) 423-1243, or visit the TateWorks website at <http://www.tateworks.com>.