



FOR IMMEDIATE RELEASE

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**JAN CARLEY, the Inner Coach of Barbershop, RELEASES NEW BOOK,
*HARMONY FROM THE INSIDE OUT – Creating and Living your Performance Potential***

“Jan is Canada’s Ben Zander (The Art of Possibility). Read this book – your life will thank you!”
- Carollyne Conlinn, 2009 Canadian Coach of the Year

Creative Coaching Group Publishing is thrilled to announce publication of ***HARMONY FROM THE INSIDE OUT – Creating and Living your Performance Potential***, a new book by Internationally credentialed business and personal coach, Jan Carley. Known as the “Inner Coach of Barbershop”, Jan has been coaching directors and Barbershop choruses for two years from the “inside out” to create powerful results and positive shifts individually and in the group chorus culture.

HARMONY FROM THE INSIDE OUT champions the taking of an “appreciative approach” by identifying what is working and building on those strengths, imagining and creating what could be, and then implementing the actions toward those new possibilities. With chapters such as: The “A” Game – Living in Possibility; Why Not? Eliminating Your Limiting Beliefs; and Getting in Tune - Clearing your Inner Static, *Harmony from the Inside Out* will inspire you to create and live your best life both on and off stage.

“These inner coaching principles will positively change you and your chorus culture (or any team you might work with) forever.” Sandy Marron (Master Director 700 of 2010 International Silver Medalists, Lions Gate Chorus)

Inspired by the extensive coaching work she has done with high level a cappella choruses throughout North America, Jan has created easily applied principles, and possibility-rich concepts and exercises so that anyone can begin to immediately access and maximize their peak performance potential.

“The more I see what incredible results Jan’s program produces, the more convinced I am of how important her book is to any ensemble’s success.”

Clay Hine (director of Atlanta Vocal Project, and member of FRED, International Quartet Champion 1999)

Jan is a passionate believer in the power of positivity and possibility and is passionate about her work coaching individuals and groups to attain their “inside edge.” Her most recent group coaching success was as Inner Coach for the Lions Gate Chorus, Vancouver, BC who recently won the Silver Medal and Audience Choice Award for Most Entertaining Chorus at the 2009 International women’s a cappella chorus competition in Nashville, TN.

“If you want to add more positivity and joy to your life, read Harmony from the Inside Out. Jan has truly opened up my inner world of possibility!” Cammi MacKinlay (President-Elect, Sweet Adelines International)

***Harmony from the Inside Out* is available for purchase online at www.harmonyfromtheinsideout.com
Bulk Sales Orders through admin@creativecoachinggroup.com**

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