



FOR IMMEDIATE RELEASE

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Young Professional Women Learn to Thrive on June 6 Exclusive One-day Workshop Held at Royal Palms Resort and Spa

PHOENIX (May 11, 2009) -- For the first time ever, Jenny Ferry, Founder & CEO of Crest of Your Life, will launch a transformational one-day workshop for young professional women on June 6 at the Royal Palms Resort and Spa in Phoenix, called the "I Thrive Experience."

In an interactive and highly-engaging personalized manner, Ferry along with a highly-sought after team of professional coaches and speakers, including Pamela Slim, author of the just released "Escape from Cubicle Nation: From Corporate Prisoner to Thriving Entrepreneur," will show young women how to drop the fear and latch on to renewed energy and enthusiasm to build their ideal personal and professional life.

The "I Thrive Experience" is the only event of its kind combining personal and professional empowerment in an exclusive resort setting. Handing young women the tools, training, and support needed to thrive their lives and make a lasting impact for success, every attendee will gain clarity, direction, and motivation that is directly applicable to navigating current and future work-life challenges.

Registration for the full-day event is \$59 per person and includes a scrumptious spa luncheon. Additionally, workshop attendees who book a Saturday night stay at the Royal Palms Resort and Spa will be invited to a VIP evening soiree with exclusive access to the speakers for additional mentoring and networking.

As a Valley of the Sun Active 20-30 Proud Ambassador, Ferry is also donating a portion of the registration fees to benefit the Valley Kids Foundation.

Joining Ferry as keynote speakers at the "I Thrive Experience" event are:

-- Pamela Slim, Master Coach and Author of "Escape from Cubicle Nation" of Mesa, Arizona.

-- Jenny Blake, Personal Finance Expert, Coach, and Author of “Life After College” of Mountain View, California.

-- Yekatherina Bruner, Glamour Magazine’s 2009 “Glambassador,” Image Consultant, and Founder of YK Studio of Tucson, Arizona.

-- Eris Huemer, Relationship Coach, Counselor, and Author of “Break UP Emergency” of Los Angeles, California.

-- Annamaria Poluha, Wellness Coach and Founder of “Breathe Bloom Blossom” Total Wellness Program of Los Angeles, California.

For more information, visit www.ithriveexperience.com.

Press passes are available.

About Jenny Ferry and Crest of Your Life

Jenny Ferry is Founder & Chief Empowerment Officer at Crest of Your Life, a specialty learning and development firm dedicated to empowering young professional women to transform their lives by building an authentic foundation for a successful life through engaging coaching, mentoring and hands-on learning experiences. To learn more, visit: <http://www.crestofyourlife.com>

About The Valley of the Sun Active 20-30 Club

Established in 1988, The Valley of the Sun (VOS) Active 20-30 Club is a non-profit organization committed to providing young women an opportunity to serve the community while building lasting friendships and rendering service to youth. Throughout the years, the organization has accomplished this goal by providing money for local children’s charities and “hands on” interaction with children in need. To learn more, visit: <http://www.vos2030az.org>

About the Valley Kids Foundation

The Valley Kids Foundation is the 501(c) (3) philanthropic arm of The Valley of the Sun Active 20-30 Club, a regional division of Active 20-30 International. Since 1988, the club has contributed over \$450,000 to children’s charities. In addition to monies raised, the club has volunteered countless hours for direct impact projects and activities for children’s nonprofit organizations throughout the region.

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