



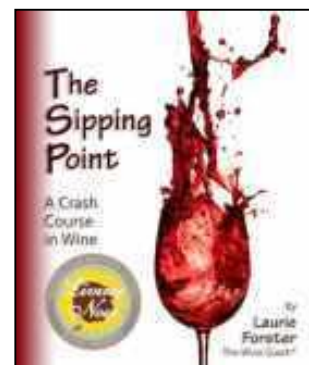
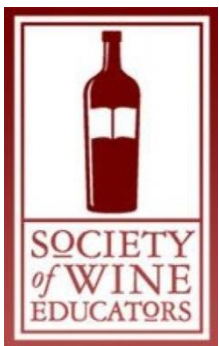
**Global Women's
Leadership Network**
D.C. Sister Society

You Uncorked!



Recipe for a Delicious Life

Laurie Forster, The Wine Coach®



Jelly Bean Exercise



Backseat Perspective



Don't Compare Contrast



Moments of Clarity



Idea into Action



Radical Sabbatical



Recipe for a Delicious Life



- 1. Know YOUR Palate**
- 2. Order It**
- 3. Savor Every Sip**

1. Know YOUR Palate



Forget Labels

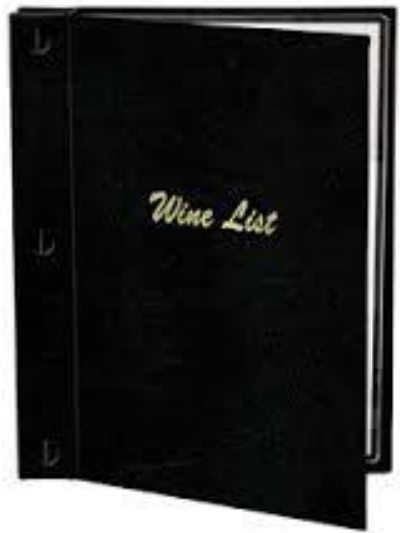
Friends not Critics

Taste Test

Jelly Bean Exercise



2. Order Your Wine



Ask First...details later

Not on list? Order Anyway

Send Back if Needed

Restaurant Ritual

1. Present Bottle
 - ▶ Producer & Vintage
2. Uncork
3. Pour taste
 - ▶ Temperature?
4. Serve table
 - ▶ Order
 - ▶ Glass Fill



3. Savor Every Sip



Slow down...

Self Care

Gratitude

Make a Wine Sandwich

Sip your wine

Taste the food

Sip the wine

Notice any difference on the 2nd sip



Let's Connect!

- ▶ Facebook.com/winecoach
- ▶ Twitter @thewinecoach
- ▶ Instagram @thewinecoach
- ▶ Linked In: Laurie Forster



Questions?



Uncork Your Best Vintage EVER!



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