



Live the life of your dreams! Negotiate a difficult transition! Get organized! Find the perfect job! Get your finances in order! Reach an "impossible" goal! You can do any of these things - and more - with the help of a Life Coach. Please contact me for a FREE sample session to experience the benefits of working with a Life Coach.

Coaching is a powerful, professional partnership that focuses on clients taking action toward the realization of their visions, goals, or desires. People are using coaches to inspire them to go beyond the ordinary, to bring out their best.

Using coaching techniques, I will help clients:

- Clarify the vision of what they really want
- Set effective goals and priorities that honor their values
- Devise action plans and strategies to get results
- Move through obstacles, difficulties and procrastination
- Keep focused, productive and on track
- Create a more balanced, fulfilling life day-by-day while working toward goals
- Achieve faster and greater results

In coaching, both the coach and the client are peers in the process. As a coach, I am not an advice-giver with all the answers; rather, coaching is a partnership in discovery. By intensely listening, asking effective questions, and offering sincere encouragement, I will facilitate the process for the client to learn his or her own answers and then to take responsibility for acting on them. Coaching is the truest form of empowerment.

I'm looking forward to meeting you!

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