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Is Life Coaching Right for Me?

If you're feeling as if you desire a change in some area/s of your life, a life coach will be beneficial when you're ready to take the necessary steps. Life coaching is not counseling or therapy. Counseling or therapy delve into past experiences, life coaching focuses on assisting you with present and future goals.

This is not to say that your past doesn't matter. It is to say that your past does not define you unless you allow it. Life coaching helps you to see the past and be okay with it, knowing that most of the time you did the best you could. Doing your best with the information you have is all that is required.

Have you noticed that you've been so busy doing things that you've not given much thought to your future? Busyness is one of the ways that keeps you from living your dream life. Imagine the difference if you decide to grant yourself just seven (7) minutes each day to believe that living differently is possible.

As your life coach, I show you how to effectively use those seven (7) minutes to change your way of thinking leading to possibility thinking. This is the kind of thinking required to shift and make the desired changes to live your dream life.

You might be wondering, "What happens in a coaching session?" It depends! Together, after your one-hour Discovery Session we create a plan based on your desires and goals. Each session thereafter, we will work toward getting clear and focused on one desire or goal. We combine goals that overlap.

Working with me, I listen, motivate, encourage and empower you to stay focused on achieving your desired result. You receive

strategies, tips, ideas and I identify available options that you may not have considered.

I assist you in “going deeper within” to really connect with your most authentic self. This allows you to experience the freedom of actually Being you on your own terms.

In order to get the best from your coaching, it is important to be positive, open-minded, and excited about achieving your desired result. The ideal relationship with your coach is trusting, honest and your commitment to complete each action that you are given at the end of each session.

The number of coaching sessions depends on how involved you are in getting the results you desire. Your level of commitment in achieving your desired results determine the length of time. As your coach, I will provide endless motivation, support and encouragement within a confidential and non-judgmental environment.

As your life coach, you benefit from having someone who is trained in different modalities so that you receive the most appropriate modality to help you achieve your desired result quickly. I know that the more quickly you experience clarity and focus the faster you will achieve your desired result. You will be living your dream life faster than you could have ever imagined!

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