

Whole Life Coaching Program

...working together to achieve your goals...



Five-Session Coaching Program

In the Five-Session Program model, there are nine main areas of life. Most people have challenges with two or three areas at any given time. Very seldom does one's whole life turn upside down, although it does happen, and has happened to me. I have coached people through this, too, however, it does take a little longer.

This is more about the areas of life are prominent in your mind right now. More importantly, are you willing to apply persistence and commitment to resolving these areas and developing the kind of life you want to live. This is your chance, your one and only chance, to live your life. You've often heard it said, 'This is not a dress rehearsal.' Here are areas where your goals can be realized:

- 1. Career & Business**
- 2. Leisure & Hobbies**
- 3. Family & Children**
- 4. Marriage & Partner-ships**
- 5. Global Contribution**
- 6. Wealth & Abundance**
- 7. Health & Fitness**
- 8. Education & Learning**
- 9. Spiritual Connection**

You will hire me as your Professional Life Coach when:

- * You want more focus in your life
- * You want it to happen easier than if you did it alone
- * You want to grow as a passionate and purposeful individual
- * You want to experience a zest for life
- * You want a life of wealth and abundance

I am a Certified Professional Life Coach

As a Life Coach, I focus on RESULTS.

R—reducing hassles and burdens by becoming more organized and effective with your time.

E—everyday excitement and energy to live your life fully and experience your personal potential.

S—self-esteem and confidence improve, so accomplishing anything becomes simply a matter of making up your mind and doing it.

U—unleashing your dynamic side to provide balanced living by understanding what is important to you.

L—learning how to create a peaceful oasis by clearing the clutter in your life-home~office~relationships~body.

T—transitions are successfully managed in the nine life categories

S—Stress will no longer overwhelm you and interfere with your work, your life, and your enjoyment.

Working with me as your Life Coach can help you make consistent progress towards your goals and dreams by:

- * Giving you total support
- * Developing clarity in your situation
- * Reducing your procrastination
- * Expanding your perspective

- * Providing accountability from you
- * Focusing consciously on your issues
- * Supplying objective feedback to you

A Life Coach is not a Therapist.

Life Coaches begin in the 'here and now' and walk with you into the future.

Therapists help you to deal with the past and the resultant trauma.

We won't work on "issues", "get into the past", or deal with 'trying to understand human behavior'. What's done is done. Let's move on to the good part. I am not a marriage counselor, financial advisor, health advisor, sports coach, or religious leader. I don't offer advice. My role is simply to be a guide, to listen to you and feed it back to you, to help you move forward, and set personal and professional goals that will give you the life you really want. I can also refer you to whomever you may think can help.

When you hire me as your Professional Life Coach, you will

- * take yourself more seriously
- * take more effective and focused actions immediately
- * stop putting up with what is dragging you down
- * set goals that you might not have had without me as your coach
- * create momentum, which in turn creates results

Get on the fast-track to the wonderful life

you've been waiting to live.

Your REAL LIFE is just a call away...

604-524-8565

The Five-Session Program - How it works:

"If money, health, time, social status, and 'what others thought' were not an issue, what would you do with your life? How would you use it?"

Session One:

Come prepared with your dreams and visions in hand. We will complete the intake form and the Life Coaching form. This will give us a base from which to create your dream life. We will discover what is holding you back from achieving the results you deserve. We will create a mission statement.

Session Two:

We will meet a week later to investigate the solutions to your dilemmas and institute the goals plan, clarifying your vision with concrete commitments. Let's develop a plan of action.

Session Three:

We will meet two weeks later to fine-tune the processes being used and affirm the commitments.

Session Four:

We will meet two weeks later to ensure you are on the right track and tweak the plan, if need be. Some results will be in and heartily applauded.

Session Five:

We will meet two weeks later to do follow-up, progress reports, final outcomes, and what to do next.

Whole Life Coaching Program \$555.00 for Five Sessions