

Why Hire a Coach?

Your Coach is someone who

1. Is a collaborative partner who is invested in your optimal success.
2. Listens without judgment and serves as a sounding board.
3. Acknowledges your unique qualities, talents, skills, and experience.
4. Assists you with simplifying your goals, projects, and plans into practical steps that are user-friendly and easy to perform.
5. Supports you in taking risks that are a natural part of growth and change.
6. Works with you to connect anew with your personal vision, core values, and sense of purpose.
7. Shows you how to transform your negative and limiting language, thinking and beliefs.
8. Serves to “midwife” your most powerful personal and professional expression.

Ten Reasons to Work with a Coach

1. Your life is changing quickly, and you want to maintain a healthy perspective while dealing with life's changes and surprises.
2. You are starting or expanding a new project or a new business.
3. You desire to improve communication with others and take your relationships to the next level of fulfillment.
4. You want to find your true passion.
5. You are considering a major life change. (ex. Changing careers, having a child, going through a divorce, starting your own business, getting married, moving, etc.)
6. You want to be more innovative and explore new ideas, techniques, and outlets for your creative energy.
7. You feel you need more time or energy to get everything done, and you're ready to find out what fears are standing in your way.
8. You are ready to identify and take action on realistic strategies to accomplish what matters most to you.
9. You want more results for the amount of work you put in.
10. You are ready to make your dreams come true.

Invest in Yourself

Are you ready to stop wishing, waiting, and hoping that someday your life will workout? Are you ready to actualize your dreams? Are you ready to enjoy the benefits of reduced stress and improved performance that come with coaching? Do you desire to be more effective in your personal and professional relationships? Interested in working with your own private coach? Find out how to get started by signing up for a free introductory session today. Congratulations on choosing to invest in the most valuable resource in your life – yourself!

TRANSFORMATIONS LIFE COACHING SERVICES

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