

Welcome! I appreciate and honor the opportunity to work with you as your coach and I am excited about the journey that you are about to start. I have prepared the following materials to layout a blueprint for how a coaching relationship works which will help you to anticipate how we will work together.

For **COACHING** to work most effectively two factors are present. 1) The client is willing to grow, and 2) there is a gap between where they are now and where they want to be. Remember, in the old days, a coach was a noun and it referred to the vehicle that took a person from where they are to where they wanted to go. Essentially, that is what we will be doing. With these two elements, that is all that is necessary for a coach and client to identify and solve problems, create a new life, turn a business around, and/or design and implement a plan of action.

WITH ME AS YOUR COACH YOU WILL HAVE THE OPPORTUNITY TO:

Take more, better and smarter actions: Because you set the goals you really want. Finding out exactly what you really want for yourself is our first task together. I help you distinguish between what you "shoulda", "coulda", "oughta" and "have-to" want from what you really want for yourself. Once you create the ideal goal you're much more likely to naturally and consistently take action to reach it!

Have a balanced and integrated life which works well: Because you design it SELFishly. Having it ALL means starting with, creating a balanced life. We'll put a new spin on the word selfish, in our sense, it's not a dirty word, it's not egotistical; but without taking really good care of yourself, it's hard to be loving, caring and responsive to the people you are attempting to relate and connect with. We'll look at ways to be Self-ish, yet responsible. How to get your needs met and still have people like you! You'll love building your foundation because you know you're worth it!

Reach for more, much more: And not to be consumed in the process. When anyone has a partner they trust, they will always reach for much more because they can afford to. That's what I am to you!

Make better decisions for yourself. Because your focus is clear. Every single client of mine is smart, but not always focused. I will help you become more focused as you share ideas with me – someone who understands you. Someone who is subjective enough to want a lot for you, yet objective enough not to be biased or self-serving.

Have more sustainable energy: No more starting and stopping. When you're happy, productive and free from tolerations and problems, you're going to feel better!