

Coaching

My coaching involves the ability to understand you: to think how you think, and understand your perspective. From this benchmark, I will place another perspective on top of yours – stretching and growing you to gently see a more empowering way. As a certified John Maxwell coach, I can see what you are going through now and what is up ahead. Coaching is foreseeing, paving the way, coming alongside you while helping you achieve goals and overcome limiting paradigms.

I offer several levels of coaching support:

Individual Coaching – one on one private and confidential coaching

When I am working with you one-on-one, it is my highest objective to help you reach your purpose, vision and goals by working through John Maxwell's programs specific to your needs. Together, we will create a strategic, powerful plan for you to gain clarity through a weekly process including, interaction and accountability.

What are you doing to invest in yourself?

What are you doing to invest in others?

Group Coaching – small setting onsite or via webinar and video technology

When I am working in a group setting – although it's not singular in nature – having the entire group's input in thinking magnifies the richness of the discussions and results in developing solutions that are above and beyond what any individual can create. The cohesive bond that is formed empowers each person to develop the leader within and shine in a safe environment that nurtures the group as a whole. It is an experience unlike any other and follows the same premise as an academic think tank.

Life & Personal Coaching: What are the Benefits

Coaching is a powerful conversation and support system intended to help you walk your unique path to success. As the client, you are responsible for the results you receive as a result of coaching. Coaching:

- Focuses on where you are presently and where you are headed, with a goal of helping you gain clarity about your vision, eliminate obstacles to your success, accelerate the pace of personal growth and achieve results that empower you to live your best life – professionally and personally.
- Helps you uncover answers, find the right questions, make important decisions, clarify your purpose and vision, strategize and plan, and make the shifts you need to succeed at higher levels than ever before.

- Is forward-focused and can assist you on any area of your life: Relationships, Finances, Spiritual Life, Work and Business, or Physical Health and Environments.
- Helps you discover how to become more of who you need to be to achieve the results you want and identify what you may need to do differently.
- The primary benefits of coaching are being able to get clarity and make purposeful, strategic decisions, break through obstacles, and experience your potential more easily than you would without coaching. Coaching will help you:
 1. Become better than even you think you can be
 2. Find your unique niche
 3. Get Over Old Patterns that have held you back
 4. Do What you Wish You Would Do
 5. Unlock your potential
 6. Retool limiting thinking patterns
 7. Crystallize dreams and goals
 8. Balance priorities
 9. Make a major transition
 10. Solve problems
 11. Identify and take advantage of opportunities
 12. Reach previously-unattained goals
 13. Design a plan of action
 14. Make decisions
 15. Negotiate more effectively
 16. Communicate clearly and confidently, even in difficult situations

Please contact me, and together we'll create the most effective plan to move you forward.