

# **CORE SERVICES**

**INDIVIDUAL COACHING • GROUP COACHING • CUSTOM WORKSHOP DEVELOPMENT**

## **Increase personal well-being, peace of mind and overall**

**satisfaction.** Personal well-being is a powerful pre-requisite for leadership as well as for taking on one's dreams and goals. I work with my clients to improve and routinize their own well-being — physical, emotional, and spiritual — in order to create a strong foundation upon which they can build.

**Identify and remove limiting beliefs.** Often times it is more than just taking the “appropriate” action that leads to results. Identifying and removing limiting beliefs is a key component to coaching. I am highly trained to listen for barriers — self-imposed or otherwise — to success. I show these “stops” to my clients in ways that are empowering and objective — allowing them to re-train their thought processes and who they know themselves to be — in such a way that they can produce results that are beyond what is predictable for them.

**Clarify goals and create sustainable action plans.** Depending on where the client finds themselves, our work may be to identify and create goals or if the client is already clear on his/her goals – we launch directly into creating sustainable action plans, along with accountability and fulfillment structures.

**Teach compassion and forgiveness.** While it may be common to learn to extend compassion and forgiveness to others — it is often a missing link in our relationship with ourselves. I use powerful exercises to free up my clients from guilt, self-criticism and other blocks to success and fulfillment.

## **Teach high level inter-personal, communication and**

**relationship-building skills.** I support my clients in creating powerful personal and professional relationships that are foundational and supportive of success. This includes being responsible for how they are perceived in the world, empowering uses of feedback (both giving & receiving), authentic communication, speaking to inspire, and more.

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**LIVE YOURS.**

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