

EVOLUTION-OF-SELF COACHING™

**Whatever the challenge... you have, and are, the solution.
Every next level of your life will demand a different you.**

COACHING DEFINED:

- The International Coach Federation defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.” We want to be clear that this is not consulting, and this is not therapy. This is a catalyst for the “evolution of self”.
- The coaching relationship is driven by your personal objectives for evolution. In what ways do you want to show up in this world differently, and get different results? What internal things need to shift in order for you to get those results?
- Time commitment/structure – Minimum of a 6-month commitment. Twice a month, either face to face or via conference. Group coaching is also available.

SIGNS THAT YOU ARE READY FOR A COACHING PARTNERSHIP:

- Are you ready to evolve with intention? (Or evolve on purpose?)
- Are you contemplating what needs to be different about you, so the results around you are different too?
- Are you feeling stuck? Or looking for something to help you achieve new things?
- Does something need to shift, in your head or in your chest to allow you to get to the next level in your life?

TESTIMONIALS:

- “My coach was very professional and helped me uncover some deep things that were holding me back from being the best manager/person I could be for myself and the company.”
- “I wish could spend more time with her. Grew so much from working with her.”
- “Huge success in helping me see how I truly fit into the company and what role I truly play.”
- “It was a good experience for me. It helped me grow and improve my leadership skills.”
- “This was different than any other type of coaching I’ve had before. It was really good, hard at times, but so easy somehow.”



OUR CREDENTIALS

- International Coach Federation Certified
- Presence-Based Coaching Trained and Certified
- Committed to the development of humans



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