



PERSONAL COACHING & MENTORING PROGRAM

Isn't it amazing that, throughout our youth, we always had guidance and direction in order to get us to perform the tasks at hand? How often did our parents hold us accountable to do our homework or chores and that's the reason we got it done? Or, how many times did our teachers and sports coaches push us to do more than we really wanted to? Of course, there were exceptions to the rule. Some individuals had the self-discipline and self-motivation to do it on their own; however, guidance and direction were still essential to achieve success. So what's the key to making changes and improvements to our lives, whether it is personally or professionally...**HAVING A COACH!** Someone to push you, keep you on track, focused, motivated and, at the same time, someone who listens, understands and can help guide, plan and brainstorm an intelligent course of action to get you where you want to be. Most importantly, a coach can help you to grow as a person and help you develop a confident, positive, mental attitude in order to succeed at a high level in all areas of your life. Can you imagine if professional sports had no coaches? Do you really think the majority of football players would choose to have two-a-day practices, or basketball players would choose to run wind sprints until they drop? While there certainly would be some players who would, of course, do it on their own, the majority would not. That's why they have coaches. How about the military? Can you imagine showing up for boot camp and being handed an instruction manual? How many people would have the discipline, confidence, belief and know-how to do it on their own and get up at five o'clock in the morning and run 5 miles? Not many. That's why they have drill sergeants and leadership throughout their service in the military. Now, let's talk about you. Do you have the self-discipline, the self-motivation, the right attitude, the confidence, and the know-how? If yes, great...if no, that's okay. In either case, if you could do more by yourself, wouldn't you have already done it?

Now you have someone who can help you grow as a person and help you achieve your goals and dreams. A winning team needs a good coach. Any person who is serious about accomplishing great things in life needs a winning coach.

As your personal coach we can focus on many areas. A few of these are:

- How to find balance in all areas of life:
- Spiritually, Financially, Mentally, Emotionally, Socially, Physically
- Learning to control your thoughts and emotions, eliminating stress, anxiety and depression from your life
- How to communicate more effectively and improve and enhance the quality of your relationships
- How to be an effective public speaker
- Being an entrepreneur and starting a business or advancing an already existing business
- Advancing your job or career
- Finding a better job or new career
- Problem solving
- How to set, write, and achieve goals
- Dealing with change and new challenges
- Overcoming fears and doubts
- Life guidance
- Building confidence and self-esteem
- Effective problem solving
- Being consistently focused
- Relaxation
- Effective social skills
- Planning for the future