



*Desired Life Coaching*



Where is  
your life  
headed?

**“INTENTIONAL LIVING”**

“Life Coaching is your opportunity to take  
your life from ordinary to extraordinary”

- **WHAT IS LIFE COACHING?**
- **WHO IS IT FOR?**
- **HOW DOES IT WORK?**



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## WHAT IS LIFE COACHING

Life Coaching is one of the leading tools that successful people use to live extraordinary lives. A conversation like no other, coaching will help you to regain clarity and direction in life, and unlock your ability to reach your full potential.

You will discover ways to overcome barriers and limiting beliefs, you will learn how to achieve more in life, set meaningful goals and live life according to your rules.

There is absolutely no reason for you to remain stuck in the situation you are in when I can help you achieve the future that you always dreamed!

**"A man without a vision for his future, always comes back to his past"**



## WHO IS IT FOR?

At some stage in life, many of us hit a roadblock or get to a point where we feel we have lost our direction or our sense of purpose. This can show up in many ways, but some common symptoms are procrastination, a lack of self-confidence, burnt out, and a feeling of being stuck. This can affect our self-esteem and the relationships with the people we care about the most. Even more important than this, it can dramatically influence how we experience life in general.

Life Coaching is for anyone who wants to make changes in their life. You may want to address a particular challenge, or you may just be ready to take your life to the next level.

Coaching can assist with issues such as:

- Achieving Life Balance
- Gaining Clarity
- Self-Awareness & Self-Discovery
- Self-Confidence Boosting
- Stress Managing
- Weight Loss
- Career & Business Plans
- Organization



## HOW DOES IT WORK?

Most clients find that working with a coach for three or more consecutive months on a regular basis (at least twice a month) creates the most desirable outcomes that lead to the greatest positive changes. You can have your sessions over the Phone, Skype, WhatsApp or One on One. Your privacy is always respected and strict confidentiality assured.

Coaching is a process through which you will be guided in a conversation to explore your dreams, your talents and find solutions to overcome challenges and roadblocks while making changes to improve your life. You will be energized, challenged and compelled to act by the end of each session.

## WHAT WILL YOU GET OUT OF IT?

My program is designed to help you achieve clarity and awareness that will assist you in making decisions that will ultimately lead you to your desired outcomes. I will share valuable strategies and tools that will help you make the necessary changes needed for your life.

During our sessions, coaching can provide you with the necessary structure and the tools to help you unlock your own answers. You will learn how to overcome your fears, how to manage your emotions and thoughts, how to set goals that have meaning for you.



## HOPE

I believe that each person is born with unique gifts and abilities that if recognized and developed, empower people to achieve the lifestyle and goals they truly desire and live to their full potential. My approach in coaching focuses on the present in

### Helping Others Prosper and Excel

For a better future. I am striving to serve individuals, groups and organizations throughout the world. I am passionate about inspiring people to acknowledge the importance of personal and emotional growth. I love to provide tools that empower people in self-discovery and how to walk confidently and purposefully.

While the results are never guaranteed because it is up to each client to do the work, I promise that I will do everything in my power to help you succeed and build the life of your dreams.

**HOPE** An attitude of expectation that something good is about to happen and situations will work out, no matter what the present circumstances.



Contact me:

I understand that no two people are the same – each person has different needs and likes a different approach – so before we actually start, I offer you a free introductory session. During this session I will look at whether coaching would be beneficial for you and how it could help you make the changes in your life.

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