

Why Does Coaching Work?

Coaching works because it brings consistent focus and action to your life goals. As your coach, I believe you have the answers and capacity to successfully handle your challenges and dreams, and I'm trained to draw those answers out.



Specifically, this is what I do with you during our coaching sessions:

__Listen. I listen with all my focus on you. I listen to what you say, what you are trying to say, and what you're not saying.

__Share. After you have fully described your situation, I share with you my advice, ideas, comments, and perspectives on your situation, dilemma, or opportunity.

__Endorse. Anyone who's involved in something — designing their perfect job, navigating a relationship, raising their family, creating their art, building a new business, learning to understand their patterns — someone who needs an outside voice of endorsement, compassion and acknowledgement from someone who knows what it takes to achieve.

__Suggest. I want a lot for you. I want you to be healthy, happy, successful, and passionately engaged in your life. I want you to be on a strong financial track. I want you to enjoy your family and friends. I want you to have a life that inspires others — and yourself! My job is to use my education to be just a few steps ahead of you, while bringing my empathy and experience to being right there with you. As such, I make requests and suggestions.

Your commitment to your life through our partnership offers the possibility for more balance, joy, energy, intimacy, financial abundance, focus, and action in every area of life. There are many success stories of accomplished people achieving more in life than they thought possible just because they added a coach and/or counselor to their success team.

Coaching is the definition of “two heads are better than one.”

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