

Why Can't I Fix Myself?

Good question. The answer is, sometimes you can. But, change without support and accountability simply takes much longer.

Bringing Learning to Life

How many times have you attended a training program and left with BIG ideas and insights that were going to change your world, only to find that three weeks later nothing has changed? You could experience the same long-term impact by going to a good play or an inspiring movie.

Imagine instead, working with a change partner who is trained to stay involved in your life to support the implementation and integration of what you have learned. I understand the details of your personal situation as well as your strengths and weaknesses and I help you create a personalized approach that really works.

When you get frustrated and fall back on old habits, I'll get to the source of the problem by expanding your awareness of limiting thoughts. Then I'll help you redesign your habits so that your new way of working is sustainable.

The Limitations of Self-Help Books

Try this exercise: how many of the following types of books have you purchased: how-to business, counseling, career planning, leadership, management, spirituality, personal growth and development, health, or wealth-acquisition? **Take a guess; write down your estimate.**

Okay, now of those, how many have you

- 1) read in their entirety, or more than once
- 2) taken notes on or done the exercises in
- 3) and applied the exercises and advice to your life in a meaningful way?

How many of the take-aways from these books has made it into your daily planner or calendar?

If you got to number 3, it's unlikely you identified more than one book. Books are priceless, and I recommend some that I really respect, but books of advice suffer from the same ailment that a book about how to play football would suffer: while you're reading a book, no one insists on your progress. You can make excuses and procrastinate, and sooner or later you can just quit without having gotten anywhere. Because books don't have built-in accountability, follow-up, reminders, assignments and goals, or the force of two human wills, they often do little more than take a dozen hours to read and only a day or two to forget.

Books are an integral part of self-understanding, and preparing the ground for change. But remember, elite achievers have always used trainers, advisors, and coaches.

Self-help books are great, but no book can hold you accountable, hear what you are saying or personalize a solution.

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