



DO YOU NEED A COACH?

Are you...

Stymied by self-limiting beliefs or a lack of confidence
Gripped with indecision or confusion
Struggling with a new and/or stretch role
Unable to change destructive personal habits and/or relationship patterns
Afraid to make a big (and overdue) change in your job or marriage
Blocked on creating the life of your dreams
Stalled in a relationship that feels dead and/or too effortful
Frustrated by not enough creativity, self-care or wellness in your life
Lacking the tools, structure and accountability to live up to your potential
Wanting to change jobs but just don't know where to start
Interested in creating the best version of yourself possible

Or do you find yourself saying...

I hate my job.
I'm exhausted, overwhelmed, at my wit's end, stressed out...
I'm stuck, I can't decide.
This relationship (at home or at work) is making me miserable.
I know what I need to do; I just don't seem to be able to do it.
Life just isn't as satisfying as it used to be.
I'm not living the life I want to live.