



How It All Works

Life coaching is done over the phone. This works well for almost anyone. Why? The geographical location of the client and the coach is a non-factor. Also, we are usually more honest and open with the sense of anonymity over the phone. Furthermore, we save time and money because no travel is needed. Although, face to face appointments are available upon request.

Every life coaching session is carefully structured to make the process easy and enjoyable, while at the same time guiding you, step by step, toward the practical achievement of each of your goals. These services will open doors for you to build higher self-esteem, improve your personal organization, help you set and achieve career goals, improve your health and wellness, create positive relationships, and enhance your personal development, all of which lead to increasing your quality of life!

The life coaching sessions take place weekly, between 2-4 times a month. Each session lasts between forty-five minutes to an hour. The sessions involve talking about what went well, what hasn't and what you accomplished in the past week. We will also review what the next steps are for supporting order, energy, positivity, insight and direction. Life coaching questioning techniques helps you to access your emotions through your personal skills, faith and knowledge. Between calls, taking responsibility to act upon your goals are vital steps for you begin to create a destiny of choice.

Essentials For Change Life Coaching services also include:

- Motivating e-mail's to remind you to keep on course to completing your goals, and the importance of setting flexible dates for achieving your goals.
- Power talks and events (additional fees may apply) that gather in TBD locations, webinars, on-line classes or blog; to promote fellowship with others who share your value for balance and growth enhancements, peace and life fulfillment.
- Inspirational e-mails with quotes and articles to arouse that search for inner mysteries and purpose.

Keeping in touch with tools for the journey

All services are designed to assist you in the realization of your goals for personal and or professional change. Packages can be coordinated with **Faith Forward** resources too.

Amid all your responsibilities, activities and projects, it's sometimes hard to see the big picture and easy to become overwhelmed or feel like you're lacking direction.

The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year.

~John Foster Dulles