



The Coaching Relationship

Imagine a relationship where the total focus is on you, on what you want in your life, and on what will help you achieve it. Imagine someone listening, not only to your words, but also to what's behind them - who even listens to the spaces between the words. Someone in tune with the nuances of your voice, your emotion, your energy - who is intent on receiving everything you communicate. Imagine someone who listens to the very best in you even when you can't hear it in yourself.

It's all about YOU

Personal Coaching is about you. It's about getting clarity on the vision you have for your life, moving quickly towards that vision and knocking down road blocks as they are encountered.

Unbind Your Roots

Like the bonsai tree your roots have become tightly bound (by circumstances and conditioned beliefs) and you find it hard to grow.

Unlike the bonsai tree you can unbind your roots (through insight and practice), enrich your soil, expand your root system and grow to whatever height you choose.

Sustainable Results:

- ❖ *See how your past and current habits have created your life*
- ❖ *Learn how to listen more deeply to yourself*
- ❖ *Understand the power of words to shape your future*
- ❖ *Develop powerful new habits to support your desired life*
- ❖ *Engage life with even greater passion*

See how your past and current habits have created your life

- Coaching will act like a mirror so you can see your current habits.
- Understand the relationship between habits and unconscious living.

Learn how to listen more deeply to yourself

- Discover more about yourself by learning to listen to yourself.
- Get to know your inner dimensions even more.

Understand the power of words to shape your future

- Words have incredible power. Learn just how much.
- Learn how to create your life by changing the words you use.

Develop powerful new habits to support your desired life

- Learn techniques that will enable you to continue creating your life for as long as you desire.
- See the positive effect you have on the world as your new habits ripple out and affect change in others.

Engage life with even greater passion

- Gain a deep understanding about who you are now and what you want your life to be.
- Passion for life wanes over time. Give yourself a passion boost

Awareness Coaching (1 to 3 months)

A short, intensive program targeted at building personal and inter-personal awareness, understanding how your past conditioning created your current habits and constructing an initial I Create My Life Roadmap.

Create Your Life Coaching (4+ months)

Deepen personal understanding and sustainable long term change. Learn and integrate personal development habits into your daily life. Further develop your unique I Create My Life Roadmap.