Six Benefits of Working with a Coach

Coaching is proven to work when these two factors are present: 1) the client is willing to grow, and 2) there is a gap between where the client is now and where they want to be. That is all that is necessary for you and me to solve problems, create a new life, turn a relationship around or design and implement a plan of action. Whatever else is called for to ensure that you have what you need to get more of what you want, we can help you get from coaching.

With a coach, you will:

1. **Take more, better and smarter action** because you set the goals you really want. Ultimately, humans do what they really want to do anyway. And to find out exactly what you really want for yourself is our first task together. I help you to distinguish between what you coulda, shoulda, oughta and have-to want from what you, in your heart of hearts, really want for yourself. Once you create the ideal goal, you're much more likely to naturally and consistently take actions to reach it.

2. **Have a balanced life that works well** because you designed it "selfishly." Sorry, but having it all in the new millennium means starting with a balanced life. And you know what that means—it's time to be very, very selfish. Not egotistical, but selfish. With a capital S. I'll show you how to be selfish yet responsible. And how to get your needs met and still have people like you! (This process is called establishing your Personal Foundation and there are only 25 steps. You'll love building your foundation because you know you're worth it. You need this base if you are to be yourself.

3. **Make and keep more money.** You are worth more than you are making. Money, money, money! You've got to have it and have a lot more of it than you think. You know you can make and keep more money, so why don't you? I'll help you increase your income, pay off old bills, set up a financial plan and future and help design a strategy for you to earn more from your efforts.

4. **Reach for more, much more** and not be consumed in the process. When anyone has a partner they trust, they will always reach for more because they can afford to do so.

5. **Make better decisions for yourself** because your focus is clear. Every single client of mine is smart, smart and smart. Yet, they still use me. Why? Because they know the value of sharing ideas with someone who understands them and is subjective enough to want a lot for them, yet objective enough not to be biased or self-serving. Just you talking about your options with someone who can listen is often enough to have it all become crystal clear. You'll always get my honest, constructive views.

6. **Have a lot more sustainable energy.** No more starting and stopping. When you're happy, productive and free from tolerations and problems, you're going to feel better!

Welcome to the practice!

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