

Is there something urgent, compelling or exciting at stake for you?

Let me help you take on that challenge, stretch your goals and leverage the opportunity for successfully, fulfilling your potential.

What is Coaching?

The coaching process is a creative partnership and exploration with my clients.

We focus on designing and implementing specific, meaningful changes in your professional and/or your personal life.

We have all found ourselves in situations and stages in our lives when we know we can be better at or do things differently. We know our lives can be more fulfilling and abundant. So, what is holding us back from being fully engaged in our own success?

This is about YOU!

You can always trust me to trust in you.
You have all the inner resources and skills you will ever need to achieve your full potential.

Respecting YOU!

I respect your agenda and your future outcomes.
Coaching is an "advice free" zone.

Confidentiality

I abide by the ICF & Erickson College Code of Ethics
I also abide by the CMC & CHRP codes of conduct.

We will stay Solution Focused:

I want to keep you moving towards your desired, future outcomes!

What do you really want more of in your life?

Concentrating on past experiences or reasons for present dissatisfaction will only bring more of the same.

What do you value?

If there was one achievement that could serve as a catalyst to shift everything else, what might that be for you?

More often than not we have developed mindsets, beliefs, behavioral patterns and just plain bad habits that are not serving us. I support you by bringing clarity and focus to move you through the emotional blockages that are keeping you from letting go and making room for new potential.

Professional coaching is a powerful experience that is shifting corporate culture from command and control to collaboration and creativity.

Coaching is developing stronger leaders, better communicators, more productive employees and increasingly positive people.

Science, Intuition & Business Acumen

I rely on the science as well as my personal intuition and business experience to inspire you to achieve your successes.

The whole YOU!

The HEART
The MIND
The ENERGY
How will positive change fit into your bigger picture?

Action Oriented

You will create new ways to pursue change in specific, motivated steps that lead to fundamental shifts in attitude, behaviour and lifestyle formation