

## LIFE COACHING

**AccessSuccess** coaching services are for those who have already achieved success and want much more. Through a personalized, professional coaching relationship, you will create a future vision develop competencies, and take effective action toward your desired results. Coaching enhances achievement and life fulfillment. Through a process of inquiry and personal discovery, it provides the structure, support and feedback that are critical for success.

*Coaching reveals your winning strategies and transforms your possibilities into tangible realities.*

- Focus is on the future
- Goals, dreams and visions drive the action.
- Action oriented process is determined by your goals
- Process is collaborative and interactive
- May occur in person, by phone, or via email
- Sessions vary in length, typically ranging from 1-1/2 hours to 15 minutes

### **Coaching will benefit you if:**

- You are willing to stop or change behaviors that are interfering with your life goals.
- You are willing to try new approaches to help you achieve your goals.
- You will work collaboratively with your coach to design goals and action steps to move forward.
- You are ready for more success than you thought was possible!

**Life coaching** focuses on the broader context of all areas of life. It may include goals directed towards success in:

- Enhanced communication
- Improved relationships
- Career advancement or change
- Unique and exciting retirement goals
- Health and physical fitness
- Ambitious life accomplishments
- Effective decision making strategies
- Overcoming obstacles to reaching your vision
- Increased sense of joy and well being

Please contact **AccessSuccess** for additional information to get started on the path to seeing the results of your visions and dreams in action.

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