



# Home Page

Whether you are searching for a Life Strategies or Leadership Coach, interested in finding out more about what a coach can do for you, or simply exploring what coaching is, you've come to the right place.

As a Life Strategies Coach, I work with you to help you:

- Discover and decide on a life path that is right for you
- Make successful transitions from one period of your life to another
- Make meaningful and fulfilling changes in your life
- Take your life where you always wanted it to go
- Live your dreams

As a Leadership Coach, I bring over 25 years practical, in-the-trenches experience as a Vice President and Manager in Fortune 500 companies. In my corporate leadership positions I've coached hundreds of mid-level managers, senior managers and executives to help them:

- Capitalize on their strengths
- Define and take action on their development needs
- Increase their successes
- Become "un-stuck" creatively or professionally
- Achieve work/life balance
- Find fulfillment in their work – whether that involves taking their job to the next level, making some changes where they are, or discovering an alternate career.

## BENEFITS OF WORKING WITH A COACH

Coaching is proven to work when two factors are present:

- You are willing to learn, grow, and take action
- There is a gap between where you are now and where you want to be

That's all that is necessary for a successful coaching relationship where you can develop the right strategy, implement a plan of action, and achieve your goals. Anything is possible within our coaching relationship.

*With a coach you can:*

### Take More, Better, and Smarter Actions

Our first task together is to find out exactly what you really want for yourself. Once you create objectives that are clearly in line with your personal values and professional vision, you are much more likely to naturally and consistently take actions to reach them.

### HAVE A BALANCED LIFE, WHICH WORKS WELL

Professional success is maximized when you enjoy a sense of personal fulfillment and life balance. We will discuss how to be selfish yet responsible, and how to carve out enough time so your life outside of work is exactly the way you want it to be.

### MAKE BETTER DECISIONS

I will help you become focused as you share ideas with me. I will understand you and be subjective enough to want a lot for you, yet objective enough not to be biased or self-serving. You'll also find that just talking about your options with someone who really listens is often enough to clarify things.

### REACH FOR MORE-- MUCH MORE

When you have a partner you can trust, you will reach for much more because you can afford to. Are you ready to think big and really live your life fully? I am a partner who will enable you to take your life wherever you want it to go.

### MAKE AND KEEP MORE MONEY

Most people are worth a lot more than they are making. Are you happy with your financial situation? If not, we can look at your beliefs about money and address whatever is keeping you from experiencing financial abundance.

### HAVE MORE AND SUSTAINABLE ENERGY

Together we'll identify the things that drain your energy, and create a long-term strategy to eliminate them. In addition, we'll focus on the things that give you energy, and explore how to maximize their impact. When you're happy, productive, and free from tolerations and problems, life is a lot more fun!