

# L.I.F.E. Coaching

Learning ... Inspiration ... Fulfillment ... Excellence

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## The LIFE acronym



Are you motivated, engaged, and excited about your life? If so, life coaching may be for you! My clients are forward thinkers who are open to new and exciting possibilities. Coaching will support you in creating the life you want while helping to define your goals and achieve excellence in all you do. You decide where you want to go and how you want to get there. I will be your partner, guide, and ally along the way.

### Learning...

Are you a lifelong learner? Do you find energy in the challenge of learning something new about yourself, your work, and your relationships? What are you doing in your life that challenges you to continue learning and that fosters personal growth?

### Inspiration...

Inspiration is everywhere! Where do you find your inspiration? What inspires you? Coaching can help you tap into new ideas and personal insights.

### Fulfillment...

Where do you find fulfillment and what does fulfillment mean to you? Are you fulfilling your dreams and goals? A sense of life balance will add to your enjoyment of life and work and will bring a sense of calm and inner peace.

### Excellence...

Seeking excellence over perfection releases us from the stress and pressures of having to do everything p-e-r-f-e-c-t-l-y! What does excellence mean to you? How can you display your brilliance today?