

*Get a Life ~ Get a Coach  
Get a Life Coach*

I am a professionally trained life coach from Coach University's internationally accredited coach training program. I work with my own coach and I have found that working with her helps to strengthen my skills to better assist my clients. I am also a member of the International Coach Federation and an elected officer of our local coaching chapter.

I co-lead public Teleclasses and publish a bi-monthly e-newsletter on a variety of popular topics. To add your name to the confidential distribution list or to find out about my upcoming Teleclasses, please contact me.

I received my BS in Nursing from James Madison University and my MS in Health Promotion Management from Marymount University. I am also a Certified Health Education Specialist (CHES.) My previous work experience includes Nursing, Case Management, Education and Training. I have worked with individuals to improve their health, self-care, relationships, communication and leadership skills. I have developed/delivered classes on Stress Management, Behavior Change, Communication, Perceptions, Supervision, Delegation, Energy Drains, Boundaries and Standards, Healthy Living and Wellness.

Visit my website [www.coachingrid.com](http://www.coachingrid.com) for more information about myself and coaching.

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*Create the life you want*

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*"The best way to predict the future is to **create** it."  
Peter Drucker*

## **What is coaching?**

Coaching is geared toward supporting individuals who want more out of life. My clients are smart, motivated and ready to change. They usually want to add something to their life or eliminate something unwanted. They may want more time, success, organization or happiness, and less frustration, clutter or disappointment. Some clients may not specifically know what they want to improve, however they want to create a more fulfilling life. Coaching is an action-oriented process that works with open-minded individuals. All coaching sessions are strictly confidential.

## **How does coaching work?**

My coaching is conducted primarily over the telephone, therefore proximity is not an issue. I offer several monthly coaching “packages” to best fit my clients’ needs. Clients are making this investment in themselves and their future by focusing on what’s important to them!

## **What are the benefits of coaching?**

The benefits of coaching are endless – the client determines their path to success. Some benefits my clients have experienced include:

- Creating lives with less stress & more peace & happiness
- Organizing and enhancing home and work environments
- Improving self-care & wellness while maintaining priorities
- Strengthening relationships and personal communication
- Living a life consistent with their values and beliefs
- Eliminating things that drain energy, focus and clarity
- Increasing earning potential and financial reserves

## **How is partnering with a coach different from talking to a best friend or other professionals?**

Unlike a best friend, a coach provides an objective perspective and supports the client to achieve the goals and changes they desire. A coach challenges the client to think “outside the box” and explore what works best for the client.

Consultants usually provide expert advice or decide the best way to solve a problem. A coach guides the client by asking powerful questions. The client is the expert - the one who takes action to achieve specific results.

Therapists tend to focus on issues around the client’s emotional past. A coach’s focus is on the present and building toward a better future. While it is important to learn from past events, coaching focuses on where the client is headed now.

Sports coaches work with athletes to improve their ability to win an event. As a life coach, I work with my clients to win at the game of life. We work together to discover what winning this game really means.

## **How do I know if coaching is right for me?**

Coaching works best when clients are motivated to grow and take the next step to achieve their goals. I offer a complimentary coaching session that allows individuals the opportunity to experience coaching first-hand and feel how they respond to my style of coaching. Contact me if you are interested in learning how coaching can benefit you!