

## Coaching Services

***Basketball Players have Coaches, Football Players too...Do you sometimes feel like you can use someone in your life that can guide through those difficult plays in your life? If so you may be in need of a Life Coach!***

### ***What is Coaching?***

It is helping individuals clearly identify their goals/desires while empowering and motivating them to create a plan and take actions to achieve each one of them. A life coach can lead individuals to be their best personally and professionally.

### ***What are the benefits of a Life Coach?***

The benefits of having a coach is the opportunity to work with someone who is action driven, non-judgmental, 100% confidential, committed to raising your awareness and provides support as well as structure.

### ***Where does Coaching take places?***

It can be done in person in our office or via Phone or Skype.

### ***Who needs Coaching?***

All are welcomed.

### ***Why is coaching important?***

Sometimes, we all need someone to help guide and help plan our best life professionally, financially, physically, emotionally personally and spiritually.

Call our experienced coach today for your first appointment **(718) 440-9637**