

Revitalize

Professional Co-Active Life Coaching

What is a Co-Active Life Coaching ?

- Co-Active Life Coaching provides a whole-life approach tailored to the individual through a powerful coach/client alliance.
- Co-Active Life Coaching employs proven methods of empowerment techniques to relationship building, that enables people to achieve success and fulfillment in their work and life .
- As your Co-Active Coach we will be building a relationship together, one in which you possess the answers to whatever challenges you may face.
- My job as a Co-Active Coach is to observe, listen and ask powerful questions that will elicit the skills and creativity you already hold, rather than instruct or advise you.



What are the Results ?

- We will define your primary life values and plan a path of change to achieve your goals.
- You will be able to improve your communication and presentation skills, and handle conflicts and stressful situations with ease.
- You will increase your confidence level, and strengthen relationships with your boss, peers, staff, and family relatives.
- Most importantly you will achieve greater fulfillment in your life and discover new and more rewarding careers.

Invitation

I invite you to join me for a one hour intake, where every minute of the hour surrounds one important person, **you.**

Together we will provide you with tools for a lifelong process of self learning.

We will move you toward an enhanced quality of life with increased fulfillment and a healthier balance.



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