

People choose a Life Coach when it's time for something to change.

SOMETHING HAS TRIGGERED YOU

to let go of the status quo and explore other possibilities. You may want to move away from or toward something, or you may have no idea what needs to change. You just know something is not working for you any longer.

ARE WE MEANT TO WORK TOGETHER?

A 30-45 minute No Cost / No Obligation telephone or online exploratory session is the starting point. I'll share ideas and tools, then we can decide we are a good fit for each other.

What worked and what didn't?
What has changed?
What's next and why?
What is my next small action?

**EVALUATE
AND
REPEAT**

**IDENTIFY
WHAT MATTERS
MOST TO YOU**

Simple Life Balance Assessment & Personal Values Exploration create a powerful foundation for future choices and actions.

Get really good at managing procrastination, stepping out of your comfort zone and making life changes that last.

**NAVIGATE
THE PROCESS
OF CHANGE**

**FIND YOUR
BEST
MOTIVATION**

Use what matters most to you to create motivation and boost commitment.

Success = Progress! Every small step or decision is cause for celebration. This will keep you motivated.

**CELEBRATE
YOUR
PROGRESS**

**CHOOSE
NEXT STEPS
AND TAKE
ACTION**

Create fresh, new choices and take actions that honor your values and fit your lifestyle.

How the *What's Next?* Life Coaching Process Works

WHAT'S
NEXT
FOR MY
LIFE?
