

OUTLINE

- You have the answers: listen to your emotions, thoughts, body, intuition, your words and mine
- You have old stories, assumptions, rules, excuses that keep you stuck
- You have inner voices - gremlins and saboteurs - that try to keep you in the stories - aren't you
- I WILL INTRUDE, ASK YOU TO BOTTOM LINE, CALL OUT THE STORY, BE CURIOUS
- **You have values, talents, skills and supporting voices that we discover, develop and invest in**
- Confidential
- Relationship based in trust and discovery - together

What area in your life, what situation or challenge, are you ready to experience a shift and forward movement around? Let's coach! **What's the 3 minute story?** Speak what you know and what you don't!

What's another perspective? USE **GEOGRAPHY!!** LISTEN FOR **GREMLIN VOICES** AND JUST CALL THEM OUT AS NOT THE DEEPEST TRUTH - USE **COACHING CARDS** TO INSPIRE

Worst case scenario – OR – if nothing changes	
Realistic	
It's all their fault	
I'm in charge	
Dream come true	

COMMITMENT TO ACTION ___ BY ___ WITH ACCOUNTABILITY ___:

- What was most powerful for you? Uncomfortable?
- How would ongoing coaching benefit you? Next steps:
 - Get started now
 - Coach later after preparing for it in these areas: Financial, Time, Energy
 - Coaching isn't for me right now because
 - May I keep you on my e-mail distribution list for occasional inspiring messages?