

Coaching has been demonstrated to have very powerful results when 3 factors are present:

1. You have a strong *desire* to develop your potential
2. There's a *gap* between where you are now and where you want to be, and
3. You're ready and willing to take *action* to achieve the results you want

**with a coach, you will...**

**have an integrated life which works well:** *because you designed it "Selfishly"*

Sorry, but having it all these days means starting with an integrated life. What this means is that it's time to become very, very selfish. Not egotistical, but Selfish with a capital S. I can show you how to be Selfish yet responsible. (Hint - it has to do with boundaries.) I can also show you how to get your needs met and still have people like you!

**have a lot more sustainable energy:** *no more starting and stopping*

When you're happy, productive and free from tolerations and energy draining problems, you're going to feel better! At BelindaM we believe in the upwards, positive, affirming spiral that consists of energy and choice. As you gain more energy, you have more choice; as you have more choice, you gain more energy; and so on... becoming an ever ascending spiral that gives you sustainable energy and continuous choice.

**take better and smarter actions:** *because you set the goals you really want*

Ultimately, humans do what they really want to do anyway. So finding out exactly what you really want for yourself and your business is our first task together. I assist you to distinguish between what you could, should, ought-to and have-to from what you, in your heart of hearts, really want for yourself. I can show you how to identify your core personal values and set value based goals. Then you're much more likely to naturally and consistently take actions to reach them.

**make & keep more money:** *you are worth more than you're making*

Money, money, money! You have to have it and have a lot more of it than you think. You know you can make (and keep) more money, so why don't you? I will support you to increase your business, fill your practice, pay-off old bills, set up a financial plan and future, and help design a strategy for you to earn more from your professional efforts.

**reach for more, much more:** *and not be consumed in the process*

When anyone has a partner they trust, they will always reach for much more because they can afford to. Please refer to the enclosed 'what is a coach?' (document number 02).

**make better decisions for yourself and your business:** *because your focus is clear*

I believe that every single client of mine is creative, resourceful and whole. Yet, they still use a coach. Why? Because they know the value of sharing ideas with someone who understands them and is subjective enough to want a lot for them, yet objective enough not to be biased or self-serving. Just you talking about your options with someone who can listen is often enough to have it all become very clear. You will always get my honest, constructive views. And, don't worry I will challenge you too!