

COACHING *for Life*

Step into the power
and purpose of your life.



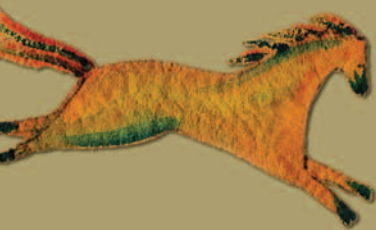
What would I do with a coach?

- Assess your personal and business life.
- Together, design steps to improve your life.
- Now you take action to make positive changes.

The Life Assessment

Are you where you want to be? Thinking about a new career or personal phase? Are you wanting to pursue a life-long dream? Coaching can help you successfully re-vamp your whole plan, help you make a new plan or just fine-tune your lifestyle and career. A great thing to do at 50 or 30 or...

COACHING — IT'S NOT ABOUT
TALKING, IT'S ABOUT **DOING**.



CURIOUS?

COMPLEMENTARY INITIAL
CONSULTATION, CALL
505-325-0100



JEANNE M. KOFRON

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These are the steps:

1. Are you ready to make positive changes in your life or business?
2. Assess your life (personal or business) and take an inventory. What could you do to make your life more energized and purposeful?
3. Together, you and your coach design a plan to improve your life. Learn to make choices about your skills and use your talent to the best of your ability.
4. Yes, you have homework! Now you take action to make positive changes. Take your next best step.



Just a few examples where coaching can improve your life.

- Leadership
- Career Change
- Empty Nest
- Lifestyle Changes
- Communication
- Job Satisfaction

The people piece of business

Working with teams and individuals to improve internal communication, and improve relationships with vendors and customers.

- Resolving conflict
- Coaching people to be better leaders
- Creating a comfortable and efficient working environment
- Working well with others—facilitating teamwork
- Improving customer service

Personal Life Plan			
Life Section	Current State	Desired State	Action Plan
Career			
Money			
Health			
Friends and Family			
Sig. Other/Romance			
Personal Growth			
Fun and Recreation			

You evaluate your life (the wheel above), then make a plan with concrete action steps.

Jeanne Kofron has been working with clients on improving interpersonal communication and relationship building for over 20 years. She's successfully coached individuals and teams to help them build more complete and satisfying lives.

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