

About Leigh:

Leigh lived a life that was in shambles. She knows first hand how difficult it is to turn your life around and the need for emotional support and motivation.

Leigh is passionate about helping people reach their true potential and live a fulfilling life. She will work along with you to motivate you to overcome obstacles that stand in your way and celebrate your successes.

Life coaching will help you clear the clutter in your life and leave you feeling happier and more content.

Leigh incorporates a variety of powerful tools and techniques to overcome feelings of fear and self-doubt.

Are you living the life you want?
Are you lacking direction and focus in your life?
Feel bored, stuck in a rut?
Need more self confidence?
Want to find balance and contentment in your life?
Are you navigating a change in your life?
Are you burned out?
Do you want to get healthy?
Do you need help in removing obstacles and challenges?
Is it time for change?
Are you leading a purpose driven life?

When you hire a Professional Life Coach, you tend to:

- take yourself more seriously
- take more effective and focused actions
- immediately
- stop putting up with what is dragging you down
- set goals that you might not have had without your coach
- create momentum, which in turn creates results

**Invest in yourself,
you're worth it!**

The Wellness Life

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Life Coaching

The Wellness Life

Finding Hope in Life's Obstacles

*Discipline
Encouragement
Perseverance*

**Wellness in life
includes:
Spiritual
Mental
Emotional
Physical
Financial**



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What is Life Coaching?

- ◆ Life coaching is not counseling or therapy!
- ◆ Life coaching does not dwell on the past, but looks toward the future.
- ◆ Life coaching is a process that takes you from where you are to where you want to be.

Life coaching will help you manage changes in your life and overcome personal challenges you may be facing. It will enable you to set achievable and sustainable goals in any area of your life.

Life Coaching helps you:

- ◆ Regain a sense of self confidence
- ◆ Generate new possibilities
- ◆ Minimize your inner conflicts and stress
- ◆ Clarify and Reach Your Goals
- ◆ Develop confidence in your decisions and abilities



My Specialties Include:

- ◇ Creative Coaching
- ◇ Caregiving Coaching
- ◇ Transitional Life Coaching
- ◇ Wellness Life Coaching

The following areas are included in the above:

- ◇ Stress Management
- ◇ Finances
- ◇ Lifestyle/Health
- ◇ Work/Life Balance
- ◇ Weight Management
- ◇ Relationship Issues
- ◇ Confidence/Self-Esteem
- ◇ Career Planning

By defining what it is you want from your life we work together to make this your reality.

Hire a Life Coach when:

- You want more focus in your life
- You want it to happen easier than if you did it alone
- You want to grow as a passionate and purposeful individual
- You want to experience a zest for life
- You want a life of wealth and abundance

Fear is the number one barrier to success !
By overcoming our fears we can work toward creating the future we desire. Sometimes we

Working with a Life Coach

Can help a person make consistent progress towards their goals and dreams by:

- Giving total support
- Developing clarity in a situation
- Reducing procrastination
- Expanding perspective
- Providing accountability
- Focusing consciously
- Supplying objective Feedback

We won't work on "issues", "get into the past", or deal with understanding human behavior.

My role is to help you move forward, and set personal and professional goals that will give you the life you really want.

Coaching Sessions Available:

One to One
Over the Phone
Email Per Month
A combination of all three

One Day Workshops
at least 6 people per session

*I strongly urge that you dedicate at least 3 months to changing your life. Given your goals, you may need longer.



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