

WINS For Life is pleased to offer this new service:

Life Enhancement Coaching

Along the ongoing journey of personal development we are naturally confronted with some obstacles and challenges. We all can encounter difficult phases. These include feeling stuck, unproductive, stagnant, stressed, anxious, confused or even hopeless. Typically the need is to acquire a new perspective, strategies, or guidance to help lead us to a path of productivity with a recharged purpose and an effective mindset. WINS For Life provides the type of consulting, counseling and mentoring that helps others take the action needed to pursue the changes desired. Everyone needs support. We are here to provide it - on your terms.

Please Inquire about our Life Coaching services:

David Vasquenza, 860-645-1934 (office), wins4life@cox.net, wins4life.com

What are the changes in your life that you want to make?

"Now is a perfect time to pursue what you want & obtain what you seek"

- * free 30-minute phone introduction & consultation
- * rates to fit your budget
- * phone or zoom sessions
- * flexible schedule

It's Time to take Action



It's Time to make Changes

What action do you want to take?

Services include: Personalized Action Plan, Accountability Chart, Progress Assessment Log

- * Shifting your Mindset & Elevating Mental Strength
- * Aligning Goals to Commitment & Consistency
- * Pursuing your Purpose, Passion & Dreams
- * Activating Ambition & Deactivating Fears
- * Unsabotage Yourself & Move Forward
- * Establishing Structure & Winning Habits
- * Parenting while Taking Care of Yourself
- * Career Management & Job Fulfillment
- * Managing Adversity, Stress & Change
- * Linking your Values with Balance

Think ♦ Do ♦ Be
POSITIVE

*Be a Warrior, Not a Worrier ~ The Harder we Work, the Luckier we Get ~ The shortest Answer is Doing
You have to start somewhere - and you DO have to start!*