

# Six things to look for in a private consulting session

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By Anne O'Connor



# Why work **One-on-One** ?

Working with a life consultant one-on-one can help you identify your brightest dreams, plan a path toward accomplishing them, and give you the support, clarity, and focus to stay with it when the going gets tough.

In this guide, we identify six things to look for before hiring someone.



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## 6. The right experience.

Find someone who has accomplished what you're looking for. If you want to get better at relationships, especially the one with yourself, look to a relationship or self-development specialist. If you're looking for support getting your financial affairs in order, make sure your consultant or coach has managed their money well and knows how to support others through successfully.

A great guide can help in general areas, but if you know the area you want to focus on, find the person who has lived through it *and* knows how to help others.



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# 5. Where are **you starting?**

A great consultant is going to help you lay out where you're at right now. How will you know you're progressing if you don't have a good baseline? Make sure that your consultant helps you identify where you're starting from as you design your plan.



# 4. Where are **you** going?

There's little more frustrating than sitting week after week talking through an issue but not seeing changes in your life. To make significant progress, you need a plan that incorporates a clear path with the end point brightly defined and illuminated.

An effective consultant is going to help you identify what you want and how to get there. Planning and setting a clear, specific, and actionable intention isn't a "nice to have"--it's a necessity.



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### 3. How will **you know**?

Working with a life consultant should feel revolutionary--at least some of the time. If you're not having significant ah-ha! moments and insights on a regular basis **that result in real change in your life** you can do better.

Make sure that your consultant gives you multiple ways to review your work, to hear feedback, and to receive regular progress reports.



## 2. What are **you working on?**

If your only job is to show up and talk during the scheduled sessions, you can do better. Your consultant should have a rich set of skills, tools, worksheets, practices, and/or exercises that you are using between sessions to incorporate the learning into your body, your mind, your heart, your community, and the rest of your life. Talking about change isn't enough. You must practice the learning in your life in order for the changes to bring you closer to your goals. Make sure your consultant gives you effective and doable work to use every day.



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# 1. What does **your gut tell you?**

Even if everything looks good on paper, the true test is a gut check: is this the person you want to work with? Check her out in person to see if you're a good fit. There is no one right person for everyone. Meeting with someone gives you so much information and is the best way to get a sense of if you will work well together. A great consultant will give you an opportunity to meet without committing to a contract.



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# Why Anne.

Anne helps you recognize where you're at, where you want to be, and how to get there.

She has a deep reservoir of experience, a strong set of practices, and a powerful way of supporting you to get to your next right thing.

Keep reading for what to expect in private sessions with Anne.



# 6. The right experience.

If you're looking for help creating clarity, recovering from heartache or loss, building resiliency, finding joy, taming doubt and negative self-talk, communicating with clarity and compassion, loving yourself and your favorite people better, Anne can help.

Anne has her degree in communications, is a registered yoga teacher, has been in leadership roles and teaching roles for her entire adult life. Anne's long-time practice of meditation and body awareness is fully incorporated into private sessions and gives clients tangible results.



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# 5. Identify where **you are starting.**

All of Anne's private session work starts with a baseline questionnaire so that you can see where you're at, what's working for you, and where you want to focus on making changes.



# 4. Clear about where **you're going.**

Anne helps you create a clear path forward. We use all the aspects of yoga--meditation, body awareness, movement, breathing and more. Together, we identify patterns that no longer serve you and find specific and doable practices to help you create new patterns. We look at how you stand in the world and ask, "Is this who you want to be now?" And adjust as necessary.



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### 3. Real progress: **you know it's working.**

One of the things that Anne's clients appreciate most is the follow-up. Immediately after each session, you receive not only a video link so you can review the session, but also a detailed report from Anne. This valuable report includes key ideas, direct quotes from you, reminders of pertinent concepts, practices and tools that we discussed and homework for the week. If it's not working, we change it.

It's like having your own investigative reporter.

Except kinder.



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## 2. Do effective work.

Anne's work is grounded in both modern research and an ancient yoga lineage. One thing that they both agree on is that healing and growth happen in the body. Yes, in the mind and in our habits and in our feelings and in our communities and our connections, too. But the body leads the way to building self-knowledge and access to more energy, ease, and freedom.

Working with Anne, you use effective ways of developing this freedom.



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# 1. Develop **your intuition.**

Working with Anne to develop self-knowledge, you begin to understand and trust yourself. Your own value, your own insights, your own knowing. We start from the first moment. Anne requires a free intro session with all potential clients so that we can check in with each other and ourselves about whether we're a good fit.



# What people are saying

“I have worked with numerous people over the years but Anne was, for me, far and away the best practitioner with whom I have worked. I liked that we set and returned to realistic goals, things that allowed me to stay focused on the work and not get lost in my own worry or self-doubt. I absolutely loved that each session began with grounding meditative practice. Even better, this practice incorporated movement and body awareness that gave me great peace as well as keen insight into my own state at a given moment--tools I've utilized long since I've stopped working with Anne.

She gave me the tools to self soothe, to self-reflect, and self-motivate, reminding me of my intrinsic worth as a human. And for that I will be forever grateful. Anne is a beautiful soul, an excellent listener, and a keen observer. I highly recommend her help if you are serious about doing the good work of becoming your best self.”

--Private session client



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# What people are saying

“I had several sessions with Anne and really enjoy her style. Each session began with a short meditation, which made me feel calm and focused. I always felt heard and supported. Yet Anne’s questions also challenged me and made me rethink previously held assumptions. Thus, I became more aware of negative behavior patterns and changed them almost immediately.

For example, after saying repeatedly, ‘I can’t do this, I can’t do that, I don’t know how’ Anne helped me through the process. But what stuck with me profoundly was her seemingly simple comment, ‘You *do* know how.’ Somehow, those words hit a nerve and guided me through my decision-making processes in the following days and weeks. My busy mind began to calm down, the phrase ‘I do know how’ kept appearing, and I felt secure within myself and more at peace.

Thank you, Anne, for your help and wisdom during an emotionally stressful time in my life.”

--Private session client



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# What people are saying

As a mid-50s lifetime working mom and a CEO of a health care organization, I have decades of experience working for businesses, causes, and people, but not nearly enough experience taking care of me.

In my head, I knew that my Type 2 diabetes and high blood pressure were preventable and caused by years of stress. And that I could reduce those burdens with some good attention. But I never managed to find a sustainable way to maintain.

I finally got fed up with my fits and spurts approach, and the creeping unhappiness that I wasn't feeling I was a good "me." I reached out to Metamorphix and Anne for some one-on-one support.

It's been an eye opening, and quite honestly, surprising journey of discovery, self-reflection and learning. Through this work with Anne, I've found 1) an optimistic realist; 2) a practical ally; and 3) a pragmatic coach who observes with wisdom, resources, and a great sense of humor. The weekly sessions (via Zoom) and the real-time session summary notes from Anne make me accountable for taking action and staying with the work. And make no mistake: it is work. However, I finally decided it's time to invest in me in a healthy way.

Anne's philosophy focuses on clarifying your own wishes, paying attention to what your body is telling you and taking action (with regular reminders) that allow you to sustain progress. If you're wondering about re-finding "you," connect with Metamorphix. I'm grateful I have and expect you will be too.

--Private session client

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**Are you ready?**

**Contact Anne today for your intro session and start becoming who you want to be.**

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Let's Do This:  
Call or email today!



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