

Why Coaching?

Did you know that to the degree a person loves and respects themselves, will be to the same degree they will love and respect others; as well as others to love and respect them?

How this works is if you believe you deserve to be treated with honor and respect, then you will pick and choose those people that will do so.

If you are receiving anything less, it is because your internal, deep-seated belief system believes otherwise.

Think of it this way. You may say you want to be respected and loved, but if your actions are drawing the opposite, then those deep-seated beliefs within are what is driving your choices.

This is where coaching comes in. It allows you to align your head and your heart so that a win/win relationship can take place.

So, my job as a coach would be to help you unpack that which keeps sabotaging various areas of your life that continue to make you miserable and dissatisfied.

I did it for me. I have done it for decades with others, and I can do it for you.

You just must decide if you are ready to do so. The decision is yours, but I know for me, every penny I paid to become emotionally healthy was worth its weight in gold.

If you are ready to start, go back to the main page and click one of those coaching buttons, so you can learn to love all of you and be loved for who you are in return.

If you are not quite there yet, a safer choice might be to purchase one of my self-directed, on-line courses. Again, just go back to the last page, and at the top find "Store." Then choose the course that is most attractive to you.

A third and final option is to step into group coaching. I usually run one or two groups a year. Just sign up for the "Joy Moment" at the bottom of the prior page. This will allow you to receive weekly smiles, as well as group course information when it is released.