

THREE-INGREDIENT LIFE COACHING RECIPE

1. Vision or Goal – The vision is deeper than: “I want a new car.” There is a “why?” behind the desire. Why do you want a new car? Maybe it is to fit your growing family into?

I can help you clarify your vision and “why” in coaching sessions. Without a clear vision, how do you know where you are going?

2. Alignment – Do your beliefs, actions, emotions, and thoughts all line up. Also, does your vision have alignment with your environment and those around you?

I can help you change emotions, beliefs, and patterns with neuro-linguistic programming tools. When you have internal or external conflict, it can make it difficult to move towards your vision.

3. A Plan – How are you going to get to where you are going? Is it possible and realistic to make your vision happen?

I can help you create choices and options to move towards your vision. Just like trying to get to a destination on a road trip, there is the shortest route, a scenic route, a longer route, etc. It is good to have options to consider because then you truly have a choice.

Vision + Alignment + Plan = Making Dreams a Reality

"I valued learning new tools. Though I'm also a trained coach it is amazing how much it helps to have someone else to talk with as a coach to move forward."

LindaPaden.com

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To schedule your life coaching session, email me at linda.paden@protonmail.com

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