

## **Is Coaching Right for You?**

1. You want to change one or more key aspects of your health and well-being.
2. You have a personally compelling reason for make those changes.
3. You struggle with past efforts that have not produced lasting results.
4. You want a personalized approach that is tailored to your unique needs.
5. You see the value of individualized accountability for making changes.
6. You suspect your efforts would be more effective with a professional partner.
7. You want new skills for handling wellness issues more effectively on your own.
8. You are ready to commit time, focus, and financial resources to achieving results.

If you recognize yourself in these statements, coaching might be a good fit for you.

I welcome the opportunity to discuss the programs and services I offer.

I can also suggest other sources of coaching or different types of professional assistance, if they would suit you better.