

When you take a look at your life, is it representative of what you really want? Are *you* the person you truly want to be?

Life changes can impact our lives more significantly than we might initially realize. Have any of these situations impacted you: new or ending relationship, a change in jobs, the loss of a loved one, becoming new parents, caring for aging parents, family of origin issues or trying to make decisions on education or career choices? It's possible that the direction you have chosen in life is leaving you unfulfilled. It is also possible that you could be happier.

There are so many situations that affect our daily lives and which cause us to experience fear and doubt. These feelings can hold us back from moving forward with our goals and ideas. I can help with that.

As a Transformational Coach, I help people find their own internal resources that will lead them to success in life. When a person knows they are not living to their full potential, personally



How You Can Have The Life You Want

By: Lorraine MacDonald,
Erickson Certified
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or professionally, it is important to find out why that is happening. It's about seeing the ideas and opportunities that are inspiring in life, and that lead to the conclusion of what is really important and why. Then, we talk about steps to get there.

A client I worked with recently really needed to get on a new path in her life. We found out where she wanted to go, and we created steps that would move her in that direction. As we were able to move towards the goals she wanted to have in her life, she became more energized and

positive, something she had been missing for a long time. This new energy made her determined to succeed and reach her goals, which she most definitely did.

Being coached is about identifying personal values, strengths and abilities so you can reach your goals. What that means is that it's personal; it's a plan where you are the decision-maker and we determine the necessary steps that will help you be successful. We work together to ensure your outcome is in alignment with your core physical, intentional, emotional,

relational and spiritual values. It's like anything in life: when things are aligned, they operate much more smoothly.

Coaching was not my first career, but it has been my most fulfilling. Coaching is future-based in that it helps motivate people to make the changes they need to make in order to live the lives they want to live.

I trained at Erickson International and I am an Erickson Certified Professional Coach. I offer a free 30-minute intake session to make sure we can work together. I also work with businesses and teams. So, if you want to make a change for the better, it's worth a call.

ASK THE EXPERT:

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