



DO I NEED COACHING?

- ? Am I working too hard and making too little?
- ? Am I a prisoner to my business or career?
- ? Do I find that there's just not enough time to do the things that matter most to me?
- ? Am I working too much "in" my business, and not "on" my business?
- ? Do I need to slow down and objectively review what's working and what's not in my business and career?
- ? Do I need greater clarity of direction and goals?
- ? Can I clearly state what I really want?
- ? Am I overworked and consumed by day-to-day details?
- ? Have I fallen victim to chronic procrastination?
- ? Has my motivation, productivity, and effectiveness declined over the years?
- ? Am I letting the people I really care about down?
- ? Am I experiencing too much frustration and not enough fulfillment?
- ? Can I take a two week vacation without being tied to the office?
- ? Do I know where I want to go, but just can't seem to find the time to get there?

If you answered "yes" to any number of these questions, you are in good company.

Most business owners and entrepreneurs struggle at times to effectively manage their professional and personal life.

Very often, entrepreneurs and professionals start to lose focus, miss opportunities, adopt bad habits, and under-utilize their talents and skills. Their frustration level goes up and their personal freedom goes down.

It's normal to become consumed by non-essential "stuff" and become overwhelmed and distracted by low value details and low priority activities.

"I felt very motivated after leaving our session and have already made a few changes. I did need this informal 'kick in the pangs' to get me moving on my own business..."

But that's no excuse to continue to be bogged down by inefficiency and low-effectiveness.

It's time to take control of your life and make decisions that will allow you to drive your success and balance your life.

The Growth Coach can help you make the necessary changes to bring your business and life into alignment with your dreams.