

Life Coaching

...strategies to reach your potential

Life Coaching - a positive approach to achieve your goals

- ✓ Gain life direction - socially, emotionally, financially, personally
- ✓ Enhance your work performance and career opportunities
- ✓ Strengthen relationships and personal communication
- ✓ Improve your motivation and self-confidence

Be the 'Master' of your Life ...

- ~ Gift yourself 'you time' - make yourself a priority
- ~ Enhance your quality of life - *be energised & get more out of everyday*
- ~ Improve your performance - *become more effective & efficient*
- ~ Gain self awareness & personal empowerment
- ~ Consider options that maximize satisfaction, happiness & joy
- ~ Learn strategies for problem solving issues
- ~ Find freedom - *learn to release limitations, fears & other self-sabotaging obstacles*

*An idea can turn to dust or magic,
depending on the talent that rubs against it.*

- Bill Bernbach

BOOK EARLY - 10 FREE SESSIONS AVAILABLE

click here to book your FREE 30 min introductory session

Create Winning Environments...

Life Coaching provides the opportunity to develop a winning plan encompassing positive thinking, strategic action and desired results. A session can be a valuable tool in:-

- ~ Dealing with challenges (*relationships, money, work/play balance, health*)
- ~ Developing harmonious relationships & repairing estranged ones
- ~ Giving life meaning & purpose
- ~ Personal development - *climbing the corporate ladder to success*
- ~ Spiritual development - *self-awareness & empowerment*
- ~ Setting goals - *prioritising and staying focused*
- ~ Major life changes and transitions
- ~ Quitting old habits and creating new ones



Session Fees..

Co-ordinate sessions to suit:-

½ hr 'Phone' session	\$40
½ hr 'In Person' session	\$40
1 hr 'Phone' session	\$80
1 hr 'In Person' session	\$80
4 x ½ hr session package	\$150

Session includes
follow-up email &
phone-call (10mins)
when required

An obstacle is often a stepping stone.

- Prescott



Narelle S. Duncan

You plan your vacation.... now take steps to plan your life!

Health Fund Rebates apply

Call: (07)5576 3422