

Spiritdance Coaching
and Tracking Webinar
Series Fall-Winter 2017

1:1 Performance & Motivation Coaching

Complimentary intro session plus 3 individual coaching sessions



3 1-hour Sessions focused with a Professional Coach

- Monday, Tuesday and Thursday evenings
- Limited to 4 participants monthly
- Registration Deadline to start in October is Monday, Sept. 18
- COST:\$225 / 1 performance solutions package of 3 sessions

To Register:

Visit

<https://spiritdancetrackingcommunityonline.wordpress.com/>

and click on 'LEARN MORE' to fill in and submit the inquiry form

More Information on the above website under:

- SEMINARS, TRAINING AND COACHING

You choose the topic to explore, the problem to address or the goal to achieve! Complimentary intro session for new clients. Choose your time, choose your topic! It is all about you!

Why work with a Professional Coach?

Find out why working with a Professional Coach a unique experience and why coaching leads to comments like this:

- *"Your seminars are so different!"*
"I always feel like I know what I am doing after a lesson."
"I feel so motivated after a coaching session!"

In 2013 I enrolled in professional coaching, graduating from the Module V *(highest level) of Erickson College's "[International Coach Federation certified](#)" [Art and Science of Coaching](#) program. Coaching has completely changed how I deliver my tracking training. I also offer personal life coaching for people who want to achieve goals or break through barriers to

success in their personal life, careers and sports.

Coaching is a word thrown around by many because it is one of the fastest growing professions in North America as people realize the benefits of having a coach as a partner to achieve success!

Professionally certified coaches are members of a governing body and have tools and techniques specific to the field.

Is Coaching the next step for you?

If you know you have the skills, you know what you want, and you feel like you are missing a crucial piece to the puzzle, coaching might be for you.

Do you sign up for classes and lessons but you aren't finding that missing piece to move forward and achieve your goals?

Do you know what you want – have the skills – and need another tool or building block to move forward? Is something holding you back? What is it?

Do you waste time on random ideas and plans and hunger for a thoughtful plan that suits you, your values, your motivations and your dreams?

Are you looking for newer, better ideas? Do you know things could be better but don't know how to get there?

As a trained and Professional Coach, my goal is to offer comfortable, stress free space to to work with individuals interested in become the best they can

be! Using my years of coaching and training experience, I listen, together we seek solutions, and develop a tailored action plan and timeline to achieve goals.

Coaching is offered in 3-session packages only. New clients can take advantage of a short, complimentary session to see how coaching works! Coaching takes place online (or by phone if preferred).

Visit www.spiritdancelifecoachng.ca for more information about how to invest in yourself through coaching!