

Spiritdance Dream Life
and Performance
Coaching Fall 2017

1:1 Personal Coaching for Success

Be the best you can be! Let your Spirit dance!



Every 2 weeks

**On your
schedule**

- Monday and Tuesday evenings – 1 hour per session
- Limited to 4 participants monthly
- Participants book 3 sessions at a time

Questions: Contact
Donna Brinkworth at
spiritdance@shaw.ca

Use the 'Learn More'
form to inquire and
sign up.

Your investment:

First 30 minute session:
complimentary
3 additional sessions -
\$225:

More Information

Coaching

Spiritdancelifecoaching.ca

Tracking

Spiritdancetrackingcommunityonline.wordpress.com

Donna Brinkworth is a Professional Coach and graduate of Erickson College's Internationally acclaimed 'Art and Science of Coaching' ICF focused program.*

Dream life and Performance Coaching!

EVERYONE SHOULD EXPERIENCE COACHING!

Coaching is the fastest growing professional business in North America! People are seeking help to achieve goals, overcome obstacles, change habits and to strive for excellence! And guess what? Through coaching, you will be surprised to discover that you have the resources you need to

make significant changes in your life. Whether it is a personal, professional or training and competition goal, I have the tools and tips to HELP YOU SOLVE YOUR PROBLEMS and move forward!

Some of the things motivating people to invest in coaching include:

- Laser coaching (that's FAST!) to make positive changes in your personal life

- Life transitions coaching
- Finding purpose
- Finding courage to make big decisions and take big steps
- Tracking – Coaching to learn how to track, how to progress, or to improve performance and confidence

See my Coaching Website for more about coaching and why you should work with a **professionally trained coach.**

www.spiritdancelifecoaching.ca

How is coaching done online?

As a trained and Professional Coach, my goal is to offer comfortable, stress free learning to help individuals become the best they can be! Using my *years* of coaching and training experience, I want to help you come up with a plan for success, with real goals for effective training.

Online coaching is a perfect choice for people who want to invest a few hours to make positive changes in your personal or professional life, or to

improve your dog training, nerves, focus, goal setting and ability to succeed!

If you are a dog training instructor I can offer you tools and tips to become an inspirational and motivational instructor who really listens to, and helps your clients by connecting with them following simple, effective, and sincere methods.

What you need to participate: Computer and wifi with audio so you can speak and listen. Coaching can also happen on the phone if you prefer! It's up to you.

What is an online coaching like You would be surprised to see how quickly you get used to the online environment. We can talk to each other, and use a whiteboard online to write down ideas and have fun with exercises.

I have studied techniques of professional coaching for individuals and groups since 2013. As a graduate of Erickson College, I am now working on my *International Coach Federation certification. I know we can work together to find solutions!