

Welcome

Coaching is for individuals who desire to live an optimal life by fulfilling their full potential and enhancing the quality of their daily experience of life. Coaching is a discovery of what has meaning for you and it provides a structure to live that desired outcome. This may be in your personal life, your professional life, or in your general relationships.

Through a co-created relationship the coach supports the client in attaining a life of accomplishment and satisfaction by evaluating, clarifying, challenging, and supporting the client's meaningful goals.

Coaching is **NOT** about the coach knowing what you should do. Through a series of questions and interactions about your commitment to growth you will gain invaluable insights and the knowledge that is required of you to identify the direction of your own growth. The coach acts as the facilitator in that process.

Be curious, get out of your own way and explore that authentic you!

	<p>◆</p> <p>◆</p> <p>◆</p>							
<table border="0" style="height: 62px; width: 100%;"><tr><td style="vertical-align: top; width: 45%;"><table border="0" style="height: 70px; width: 97%;"><tr style="text-align: left;"><td style="text-align: left; width: 26%;"></td><td style="text-align: left; width: 74%;">Benefits of Coaching</td></tr></td></tr></table>	<table border="0" style="height: 70px; width: 97%;"> <tr style="text-align: left;"><td style="text-align: left; width: 26%;"></td><td style="text-align: left; width: 74%;">Benefits of Coaching</td></tr>		Benefits of Coaching	<table border="0" style="height: 91px; width: 198px;"><tr><td colspan="2" style="text-align: center;">Follow us on:</td></tr><tr><td style="width: 65%;"></td><td style="width: 35%;">◆</td></tr></table>	Follow us on:			◆
<table border="0" style="height: 70px; width: 97%;"> <tr style="text-align: left;"><td style="text-align: left; width: 26%;"></td><td style="text-align: left; width: 74%;">Benefits of Coaching</td></tr>		Benefits of Coaching						
	Benefits of Coaching							
Follow us on:								
	◆							

<https://www.facebook.com/pages/Personal-Best-Coaching/205070549515788#!/pages/Personal-Best-Coaching/205070549515788?sk=wall>