

Creative Alternatives Coaching

Why Be Coached

Imagine that you're on the journey of your life
and the path you've been traveling suddenly
splits in 2 directions, giving these choices:

Stay where you are

Go back

Move forward

Which would you choose?

What are you choosing already, by the actions you are taking,
by the responses you have to your thoughts and feelings and beliefs?

When you look at where you are in your life right now, and where you want to go,
will a different path get you there more quickly or easily? Which one?

Staying put is a good choice if

you're comfortable where you are,
if you have no longing for a bigger future, or
easier relationships, or less stress and worry,
and you have no need for coaching.

Does that describe you?

Going back is a good choice if

you've already exceeded your personal resources,
feel about to explode or
just need a break from it all, or
if you're already so far out of your comfort zone
that just the idea of more change and self-improvement
wears you out to even think about.

Does that feel like you?

Moving forward is a good choice if

your mind and body yearn for change,
or you can see your dream on the horizon
and just can't get there by yourself,
and you feel eager to get going and committed to
doing whatever it takes to get there.

If this sounds like you.....

Being coached will

help you find the best tools and route to your goals
keep an eye on your self-sabotaging patterns
provide objective feedback and nurturing encouragement
hold you accountable to your self-commitments
make the journey efficient and insightful
empower you to fulfill your authentic potential

**If that's what you're seeking
I challenge you to take your first steps now.**