



## **Q&A Life Coaching Profile Questions**

### **WHAT DO YOU LOVE MOST ABOUT YOUR JOB?**

Making a real & lasting difference in my client's lives - [www.stresserciseforlife.com](http://www.stresserciseforlife.com)  
Watching them take positive steps at "their" pace whether small or life-changing... is huge. Assisting my clients to make those positive changes permanent and sharing in the uplifting progress with their personal and professional relationships is an indescribable win/joy. It's WHY I do what I do!

### **WHAT INSPIRED YOU TO START YOUR OWN BUSINESS?**

A life-changing personal crisis, that became an unstoppable passion and turned into a life-changing business. Excitedly over many years, on both a personal and corporate level, it has benefited many.

Years ago, with continued success, I gave my ALL to a job that had become increasingly more stressful. At the end of 11.5 years, the company I worked for, abruptly closed its doors. I had no severance pay, was deeply disillusioned and 30 lbs. overweight. The resolve I had to fight to not only recover, but triumph over those circumstances remains within me to this day...through the grace of God... excitedly 30 lbs. lighter, even more committed to my clients and living life. Although that was many years ago, I haven't stopped fighting for my best health, my mother's best health 2 months shy of her 100<sup>th</sup> BD and many of my clients, friends and family.... I will fight for YOU & together we will win...much!

### **WHY SHOULD OUR CLIENTS CHOOSE YOU?**

"I will inspire you, motivate you and boost you back to your best. You must be ready and committed. That's what I ask of you. With over 25 years of Stress/Health Management experience with a diverse mix of clients and programs both corporately and private, PERSONAL COACHING remains my passion."

I purposely, limit the number of clientele I work with each quarter, so I have the necessary time to concentrate on you & each of my clients. Note also, I chose to spend less time on social media to spend more time with you my clients. My guarantee to you is what you are trying to accomplish and be...we will reach together. Designing your LIFE JumpStart Plan is an adventure. It will leave you more healthy, balanced and energetic. The process will be fun, meaningful & most importantly, from your diligent hard work and step-by-step practice... "YOU OWN IT."

Know the unrushed extended-time sessions and the 3 Month LIFE JUMPSTART PACKAGES are preferred programs and so worth your consideration & investment. Commit and be one of the five LIFE JUMPSTART PACKAGES offered next quarter starting April 1, 2020.

"Call ...303-234-9482 today... to inquire, discuss and secure your spot. I look forward to your call. Together, we can determine if this program is for you and if you are ready to step into a life of unlimited possibilities."