

## How Kate Can Help You

**What are five areas where a person would benefit from working with me as a coach?**

1. **Quality of Life**—My role in our relationship is to help you clarify and focus on *your* criteria for success and life satisfaction based upon *your* personal values, season of life, family demands, professional responsibilities, health habits and sense of self-confidence and self-efficacy. **(Choice and Hope)**
2. **Health**—Your health status is based upon more than your exercise routine and eating habits. I'll work with you to decide what you are ready and willing to change or incorporate into your lives that will enhance your energy and health. There are no "shoulds," it's all about "you can or you get to" do. **(Understand and Prevent)**
3. **Relationships**—The ability to understand your own emotions and those of others impacts your emotional intelligence. The smarter someone is about responding to emotions and moods, the better their relationships will be. Increasing your EQ will help you experience better connections with others and have less stress and conflict in your day-to-day life. **(Prioritize and Combine)**
4. **Direction and Purpose**—A life that is not guided by a personal map or plan has less impact and influence. When you know what you are called to do and why, you do not waste your precious resources of time, energy and money. You and I will create that map so you know where you're going, why your going in a certain direction and how you will do that. **(Clarify and Refine)**
5. **Stress Resilience**—Change is a constant in every life. Working on these four areas above allows you to look at change as an opportunity for new and different experiences. **(Support and Practice)**

**What are seven benefits my present clients have reported from working with me?**

- **Increased focus and clarity** about what is important in their lives. Decisions become easier about how to spend time, energy and money.
- Increase effectiveness on the job which is reflected in higher productivity and higher employee satisfaction.
- **Improved energy** at work and home which improves their mood, creativity and happiness.
- Great **encourager and resource** for continuing the journey and maintaining success.
- A powerful sense of **self-awareness, hope and the skills** to make good choices that are sustainable.
- **Designing structures and processes** that are flexible, yet effective are a part of the process of making lasting change.
- The ability to **use restlessness and dissatisfaction** as an advantage—a tool verses an obstacle.

**What are five strengths that I have as a coach?**

1. I'm walking the talk every day myself as an entrepreneur, mother, and wife desiring to stay healthy in body, mind and soul. Having lived through cancer which involved surgery and chemotherapy I understand the struggle life can be sometimes. And, to make lemonade out of lemons is a wonderful thing.

2. I have a strong desire for your success—it's not about me. Your success is my success.
3. You will feel and experience my genuine love for people and an understanding for what makes people tick...or sing.
4. I have the ability to clarify, de-clutter and assimilate multiple opportunities, responsibilities and competing demands to provide you what you need in a supportive relationship—and show you how to do the same for yourself.
5. You will be surprised at my finely tuned ability to help you identify and recognize your own strengths and capitalize on them.

### **How would I best describe my coaching style in one sentence?**

Direct, down-to-earth, passionate, insightful and life changing.

### **I help people:**

- Accept and appreciate who they are and how they are wired.
- Acknowledge successes, dreams and challenges.
- Accountability is important. Your commitment is to yourself, I support that.
- Admit to yourself when you're getting in your own way and how to get out of the way.

### **Who am I trying to reach:**

- ✚ Type A professionals who are successful in most areas of life and have one or two areas where they are stuck and want support and direction to get into action.
- ✚ Leaders, in organizations or associations, who want to become more effective at influencing others while engaging them without taking on more work for themselves. Those who want their team members to become self-reliant and confident.
- ✚ Women in their 30's to 60's trying to juggle self-care with attending to everyone else's needs and expectations.
- ✚ Men who "get it" – in other words, men who understand success and fulfillment is about more than titles, money, or prestige and want to experience joy in every area of their lives.
- ✚ Women who are doing book clubs and want to study a book that will change their lives and do more than entertain them. (Can have a Christian approach and emphasis if desired.)
- ✚ Serious minded individuals who are really ready for lifestyle habits to be changed.
- ✚ Personal trainers and life coaches who want a tool to work with their own clients which is relevant, researched, and effective for one-on-one or group work.