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Life Of A Life Coach

January 20, 2010

Jay Lillie



Entrepreneurial leaders do not have a mindset that adapts to failure. Things go wrong, of course, but entrepreneurs don't call them "failures" they call them "glitches, mistakes, bungles, setbacks" – but not failing.

When one such entrepreneur was asked about the hardest decision he ever had to make, he answered that he didn't know what a hard decision was. An entrepreneur will approach decision-making with the idea that there's a strong likelihood that he/she will be wrong. This doesn't dissuade them – to the contrary they just do the best they can and worry about handling obstacles as they arise.

Here's a few entrepreneurs:

Coach Joelle Prochera is a Professional Life Coach, writer and inspirational speaker who has supported thousands of people in making their dreams realities. In 2001, armed with a psychology degree from the University of Manitoba, training from the International Coach Federation accredited, Newfield Network, and her ICF certification, Joelle began sharing the life-changing impact of coaching with her colleagues at the international Fortune 500 company where she worked. She went on to create an executive coaching division within her company, transforming her management job into a coaching career and using her skills to empower leaders across the country.

Today she owns Coach Joelle Inc. where she educates her clients and audiences on their ability to reach beyond their circumstances, to access their personal power and to create a life in alignment with their values, dreams and personal aspirations. Those who have participated in Joelle's events and programs say that she is "a dynamic, entertaining and authentic presenter with a message that will change your life!"

Joelle Prochera www.coachjoelle.com

Life Coaching Designs was created to help people design their ideal life. Through a process of self-discovery I genuinely connect with my clients to help create personal and professional success. Life Coaching Designs provides an environment where my clients can feel safe and empowered to take the needed risks to reach their goals.

So much of what we do in our work lives overlap into our personal lives. Life Coaching Designs addresses the WHOLE person to ensure clients do not live their lives in compartments. There are links between all the pieces and career choices can affect family, health, friends, and other areas. Life Coaching Designs gets to the heart of what matters and together my clients and I create goals and action plans for achieving their goals!

Erin Suess www.lifecoachingdesigns.com

Amber Rosenberg is a professional certified life coach who helps working mothers manage guilt and stress and re-define success on their own terms. Through personal and corporate coaching programs (clients include Adobe, Morgan Stanley and Google) she empowers women to achieve success that's balanced. A working mother herself, she spent 12 years struggling to create her own balance in the Fortune 500 world and is passionate about helping mothers actively choose how they want to spend their time.

A popular speaker and expert resource for national print, TV and radio media outlets, Amber contributed to the book *Inspiration to Realization* with a chapter on "How to Manage Your Love/Hate Relationship with Time". To sign-up for the FREE Working Mothers' quarterly e-zine with tips on how to achieve more success and fulfillment in your personal and professional life, go to www.workingmotherscoach.com.

Amber Rosenberg www.workingmotherscoach.com



Jay Lillie

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Too often people sacrifice their health and their relationships while striving to be successful. I help hard-working, educated professionals find balance in this busy world. Professionals often get maxed-out, exhausted, or overwhelmed and therefore lose touch with what's truly important to them. After just a few months of coaching, my clients are happier, more relaxed, and more able to continue creating the quality of life they desire. They have been 'successful' in making positive and profound changes and have learned tools to help them deal with whatever comes their way.

Levy Braman www.WatersEdgeLifeCoaching.com

Julia James, MSc., PCC, CPCC is an International speaker, certified life coach, and trainer with uncommon enthusiasm and insight. She is multi-lingual, and helps busy professionals from various corporate sectors around the world achieve balance in their lives through individual coaching and workshops. Her signature strength is teaching people how to relax and recharge quickly.

Author of the book, The Mini-Retreat Solution and the audio CD series, Guided Mini-Retreats for Busy People, she provides tools to manage stress effectively and relax and re-energize quickly.

Julia James www.juliajames.ca

Manifesting Your Life was founded by Gary L. Glasscock in January, 2007 and in January 2010 has been renamed Manifesting Your Dreams. Gary is a Master Certified Life Coach and a Master Spirit Life Coach and works mainly in the area of the mind, specifically mindset and attitude. Gary believes that with the proper mindset and attitude anything is possible for anyone, no matter where they live.

Recently Gary has started a movement to coach 1 million people by the end of 2010. Many coaches have gotten on board with this movement and are working towards this unified goal. Gary was inspired by a document created by Julia Stewart in which she talks about a statement made by Thomas J. Leonard, the founder of Life Coaching, in which Thomas said, "...if you want to have a full coaching practice, your best strategy is to go out and coach 100 people as quickly as you can." With that in mind, Gary has challenged coaches all over the world to coach 100 people by the end of 2010. Gary is diligently working towards coaching his 100 people and is well on his way to easily achieving that number by December 31, 2010.

Gary Glasscock www.TheManifestingOfYourDreams.com

We are the Orman Institute for Active Wellness™ and specialize in Active Wellness Consulting, a unique brand of personal assistance to help you clarify, motivate and achieve your health goals and dreams. Personalizing a health program is THE key to success.

A Phone Consultation with Dr. Orman is the one factor that is the difference between success and average or below. You want one but are not sure where to go? You have the passion but not the direction? Have the idea but lack the energy? Where you are in life is our starting point. I can help provide the tools to clarify your direction, allowing you to move from where you are to where you want to be and how you want to feel, the way I have with thousand of my patients/clients.

Dr. David Orman www.activewellnesscoach.com

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