

A private, one-on-one session where you can safely and fully explore your life from an objective point of view and begin to mould, shape and define your ideal work-life balance.

The idea behind **The One-on-One Coaching Experience** is to give you a *virtual time-out space* where you can privately analyze your life on your terms.

This provides you the opportunity to:

- **Take a step back** for the duration of the session and look at your life from an objective point of view. Sometimes we become so involved in the *intricacies* of our day to day activities that we lose sight of what is important to us. Our objectives can become *distorted or disappear altogether*. Looking at things from an *objective* point of view will encourage you to **refocus your attention** on what is really important to you and prevent you from becoming distracted or caught up in things that aren't relevant to your goals.
- Start thinking about what a *perfect work-life balance* would look like to you. **Imagine** what your life will be like when you have *achieved* your ideal work-life balance. A significant part of making your balance a reality is in **visualization** – *envisioning a picture* of what you want your balanced life and lifestyle to look like.
- **Reassess your priorities**. What means *most* to you? Really look inside yourself and think about what's *most important to you*. Are you 'putting up with something' that really shouldn't be there to drain your energy? Are you *neglecting* areas of your life that you know deserve more of your attention?
- **Dispel old myths about life**. The only person qualified to determine what you should or shouldn't be doing with your life is YOU. How do you feel about the direction your life is taking? You are the driver on your life journey. You are in charge of *which direction* your life should take.

It is important to realize that there are **no** right or wrong answers here.

Your *thoughts* are what matter.

During your one hour sessions, which have been conveniently designed to fit around your hectic lifestyle, your coach will be there to help you address whatever is *important* to you, whatever you feel needs your attention.

Your coach is not there to tell you what to do, if you are right or wrong or *judge* you based on your life decisions.

Many times, the cause of imbalance in our lives comes from DOING rather than BEING.

We focus so much of our attention on DOING things...

...buying that new car, finishing that project, reaching a certain level in some aspect of our lives...

...we fail to realize that we are turning everything into a chore, a mundane task that demands our attention.

If we devote our SELF fully to each and every aspect of our lives, we suddenly become more awake, alive and aware of *everything* around us.

By BEING, we *find* our **drive**, our **purpose**, our **direction**. We *rediscover* our **strengths**, **energy**, **creativity** and **meaning**. *Life becomes clearer and more meaningful.* And with that comes a sense of **fulfilment** in everything we do.

Life seems to flow more easily when we stop trying to fight it or beat it.

That is what you will be encouraged to *discover for yourself* during your coaching sessions.

All of this knowledge is inside you, waiting for your attention.

Your life coach will help you to focus your attention on your values, beliefs, challenges, goals, and experiences, encouraging you to discover for yourself what your work-life balance will be.

This coach-client relationship will prove *key* to many of your realizations and discoveries.

Connections will be forged that will open your eyes to the realization that, yes, you *can* achieve a work-life balance.

Your coach will be **100% dedicated** to aiding you in your **discovery of your ideal balance**.

Here at Reflections Coaching LLC, the support you receive from us is a reflection of the commitment you've made to yourself.