

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.