



September/2009

Transitioning to New Beginnings and fall into a special offer from Rodas Coaching

(Please see offer at the end of this flyer.)

- Do you sense it is time for a change but aren't clear on exactly where you want to end up or how to begin?
- Do you fall into life choices (e.g., career/jobs/relationships) by chance or circumstance instead of actively choosing what you want?
- Is there a gap between where you are and where you want to be in your personal or professional life?
- Do you want to create something new or let go of something in your life?
- Have you been selling yourself short (being undervalued or underemployed) and now feel ready to experience and share your true value?

Let me share with you a truth I learned long ago: **If you don't take the time to define your own vision, goals, and priorities you will end up being driven by the needs and priorities of others!**

Coaching with Professional Certified Coach Deborah Sakelaris you will:

1. Discover your core elements: who you are (e.g., your likes and dislikes, strengths and weaknesses, talents and abilities, temperament), and what you need.
2. Discover your True Values (i.e., what you value and love to do with your time; activities and behaviors and states that you are naturally drawn to).
3. Define your vision and key priorities that are grounded in your heart (i.e., who you are and what you value).
4. Align your goals with your vision and key priorities.
5. Align how you spend your time with your vision and key priorities.

6. Start on the path to achieving your goals.
7. Learn the value of experimenting with your life.

Special offer:

Receive 4 months of coaching for the price of a 3 month package. Call or e-mail Deborah for the details and start your New Beginnings today!!!!.

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