



## **CULTIVATING THE SEEDS OF CHANGE ©**

**Renée Canali, Life Coach Vol.1, Issue 9 September 2004**

**Congratulations to Dave Feldman who was randomly selected as the recipient of a book on conversations. Dave was one of many conversation tag players.**

Dave won't be the only one reading a new book and learning new skills this month. September is the start of school for many kids and adults. In the spirit of learning about new things, I'd like to talk to you about what coaching is and how it can be used to build your skills.

Coaching is a partnership based on honest two-way communication where the *sole purpose* is to help the client produce the results they want: such as a more successful, satisfying, productive and balanced life. "Coaches combine positive thinking and motivational exercises with systematic goal-reaching strategies (MORE magazine, July/August 2003)".

Personal coaching began in the late 1980's when Thomas Leonard, an accountant, developed self-assessment tools for his business clients, which seemed to help in their personal lives as well. He continued to develop these tools and in 1992, founded Coach University to train others in the dynamic world of Personal Coaching. "CoachInc.com and its family of companies has taught over 7,000 people from over 36 countries to take this internal strength of questioning and externalize it, so individuals and businesses can bridge the gap between setting goals and exceeding them"(www.coachinc.com).

As a Personal Life Coach, I will listen intently to what you are saying (and not saying), help you discover options, and with a warm, positive attitude, I will support you in the decisions that you make and the directions you choose to go. A friend describes coaching as "having a sibling or a best friend with whom you can share any intimate detail or wildest dream without fear of rejection, judgment or ulterior motives".

I would be happy to answer any questions or curiosities you may have about coaching and what I can provide. Please feel free to call or email me. If you want to experience coaching, I do offer a free 30-minute coaching session WITHOUT OBLIGATION. I believe in providing a value to anyone considering a coaching relationship.

*First say to yourself what you would be; and then do what you have to do.* Epictetus

*Procrastination is the fertilizer that makes difficulties grow.* Author Unknown

Invest in yourself. Explore how coaching can support you in defining and reaching your goals. Contact me at 866-337-2728 or by email: [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com)

# GARDENER'S ACTION PLAN FOR SEPTEMBER 2004©

Renée Canali, Personal Life Coach

Meet the coach:

Renée is a creative, fun, resourceful person who is experienced in dealing with people. She has a BS degree from the University of Maryland and has completed the CE program at Coach University. She has over 20 years of experience in retail; the majority of her time was spent in management and staff development. She also spent several years in the satellite communications industry. With her experience in dealing with professionals, management, staff and customers on a variety of levels, she has a strong foundation for her coaching practice. She has developed and presented classes in Creative Thinking and in Customer Service. She is a natural communicator who is interested in what people are really about.

As a coach, it is her passion to inspire and support those willing to make changes that will enrich their lives. She will encourage, motivate and support you in identifying what you *really* want your future to be, to develop strategies to move toward your goals, and discover the possibilities for a more fulfilling life. Think of Renée as a personal trainer; she will train you to strengthen different areas of your life, making sure each area supports the others. As she puts it, "Together we will develop a long-term "exercise" program to keep you moving in an efficient and strengthened direction".

*If you don't know where you are going, you can never get lost. Herb Cohen*

From Renée:

It is my intention to be a resource and a support to you as my client, while helping you discover what path is next for your life. I will help you define your desired results and achieve balance in all areas of your life in order to maximize your potential. I will provide options, new perspectives and unending encouragement. I will support you in an objective way that your loved ones may not be able to because they are too close. **YOU** are my focus. I provide you with structure and strategy in an environment of support which can motivate you toward a future limited only by your imagination.

Consider the following questions:

- Do you achieve goals consistently with little or no friction or delay?
- Do you have a long list of things that you will do "someday"?
- Are you always putting someone else's wants or needs before yours?
- If today was your last day on this earth, would you have regrets?
- Do you tolerate things/people in your life because it is easier than the alternative?

A "yes" to any of these questions indicates that a coaching experience may be beneficial. Make the choice to learn something new: call for a complimentary (**free**) coaching session and experience what coaching is all about.

*If you believe the impossible, the incredible can come true.* **Field Of Dreams, 1989.**

Send an email to me at [Rcanali@comcast.net](mailto:Rcanali@comcast.net) or call (301) 279-2363 and request your 30-minute complimentary coaching session. The choice, my friend, is *yours*.