



Michael G. Duhaney

# Coaching For Today's Woman

Create a new life plan

## Realize Your True Potential

### Achieve your life goals and dreams!

Life coaching is one of the best investments you can make if you want to change your life. The skills you will learn are fun, interesting and easy to integrate into your existing work and life. You will gain a new sense of energy and enthusiasm because you'll learn new ways to motivate and collaborate with your family, friends, colleagues, and/or business partners.

Life coaching will help you clarify your values and your vision for the future and help you create a new life plan for a balanced and fulfilled life.

## Why Coaching?

Coaching is a powerful tool that moves us in a timely manner to our desired goals, whether it's through our personal or professional life of challenges and or opportunities. It is a unique way to support our journey of self discovery, work life balance and to create a new plan that fundamentally empowers and inspires growth. The coaching process is a transformative approach for sustainable change and a sure way to get results in a timely manner.

## Some reasons for having a coach:

I believe all human beings can find value in the coaching experience. There is the myth that there needs to be something wrong with you to work with a coach. Most professional athletes seek out coaches to help them excel at their game, improve and strengthen their mental ability for success. A life coach is similar in that they are there for you to achieve your goals.

## Are you a person...

Wanting to make a difference in the world?  
Ready to take responsibility for change?  
Embarking on a new career path?

At a crossroads in life and needing clarity?  
Wanting to focus on your spiritual well being?  
Needing to navigate challenging relationships?

Build a more **SUCCESSFUL LIFE AND BUSINESS** with professional coaching

“Every woman has to listen to her own inner voice to find her identity in the changing world... She must create, out of her own needs and abilities, a new life plan” - Betty Friedan

For more information go to [www.michaelgduhaney.com](http://www.michaelgduhaney.com)

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