

# Cathy Laffan

Coach, Life-Enricher & Motivational Speaker



Cathy Laffan Coaching, LLC

Partnering to enrich lives



- Are you miserable at work and can't figure out how to make it better?
- Does your job consume all your time and you cannot see a path forward to a more balanced, richer life?
- Are you craving a better, more energized body but can't imagine how you'll do it on top of all your other responsibilities?
- Are you sensing that it's time for a change and you're not sure where to start?

*Cathy Laffan will partner with you to navigate or create the change you want to enrich your, career, well-being, and life. Today. You will clarify your goal and then craft doable strategies that will effortlessly get you to where you want to be.*

## Partnering with Cathy, you'll feel... Cathy will be...

- Realigned and fulfilled with your career
  - Better in your body — with more energy, a healthy weight
  - Well in your mind — increased confidence to say and do what you want
  - Ready to reach for your wildest dreams
  - Resourceful and resilient to embrace your next life phase
  - Like you are finally taking care of YOU
  - Enriched!
- 100% committed to your success
  - Available in between sessions for free email coaching to keep you continually supported
  - Constantly inspiring and motivating you along the way
  - Giving you a completely confidential service
  - A hand to hold or kick in the butt if you need it
  - Offering unconditional support throughout the coaching process
  - Always providing creative ways of supporting you
  - Believing in you even when you don't

*What are you tolerating or waiting for? Your new enriched life is just a call away.*



**COACH U**  
Core Essentials Graduate



[cathylaffancoaching.com](http://cathylaffancoaching.com)



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## Cathy did it, you can too!

Through coaching, Cathy turned her life around from a drained, restless, unhealthy, and dissatisfied corporate executive to becoming a healthy, aligned, and successful entrepreneur. Coaching enriched Cathy's life giving her the clarity, confidence, and results she needed to create her dream life — a coaching business supporting others, like you, to discover what's holding you back and shift toward your dream.



*Let Cathy upscale your dreams, challenge your excuses and get you the results you are looking for!*

## Cathy works virtually to...

### Coach

individuals 1:1 to achieve their personal lifestyle and well-being goals

### Speak

as a keynote at business events to energize and nudge her audience to take action to enrich their careers, selves, and lives

### Motivate

groups to raise awareness about health and well-being or change management

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