



WORKING WITH EMILY

Emily guides you beyond your current reality and toward your desired future by asking thoughtful questions that explore the obstacles, opportunities and choices before you. Once you are aware of your deeper desires as well as your patterns of thinking and behaving, you will be ready to leave behind your limiting beliefs, reach your goals, and live the life you have always dreamed of.



WHAT DOES A LIFE COACH DO?

- Emily listens with her full attention to what is on your heart and mind. She asks questions that open you up to new ways of thinking, processing and seeing.
- Emily helps you to consider new perspectives, identify obstacles, anticipate opportunities, and open yourself to new possibilities.
- Emily supports, encourages and challenges you to dig deeper into your true wants, goals, desires and dreams.
- Growth and insight do not stop at the end of the session. You will leave with actionable steps that bring you closer to reaching your goal.



Benefits

Identify what is holding you back · Discover strategic methods to achieve goals · Receive structure, guidance, and encouragement · Gain clarity about what you want, and how to get it · Learn to recognize mental blocks and unproductive habits · Gain insight and take action · Experience increased satisfaction with your life



Topic Suggestions

A change you want to make · A situation where you feel stuck · Clarity around a complicated situation · Clear what is blocking your growth · An area of your life that would benefit from increased perspective, clarity, alignment or direction · Work, parenting, time management, decision-making, priorities, health



Enneagram

If you know your Enneagram type, great! It will help highlight patterns, areas of focus and where you might feel stuck. This is Emily's specialty! However, Emily will not be teaching any specific Enneagram information during the coaching session.

WHAT HAPPENS IN A SESSION?

1. Book an appointment: <https://calendly.com/enneagramwithemily/coaching>.
2. Each session is 45-60 minutes and takes place over the phone (not over Zoom).
3. You will receive a prep form ahead of time to help you narrow the focus of your session.
4. During the call, Emily will guide you in exploring awareness and perspective on the topic and you will leave with actionable steps toward reaching your goal.

TESTIMONIAL

Emily, you were a big help today in talking through my situation which helped me to better understand things and gain a new strategy. I always appreciate your great questions and genuine interest in my life.

KATIE S.