



## Welcome to Courageous Destination Coaching!

I'm Sheryl Bird, your Chief Courage Officer and Life Coach. As a person-centered coach, I believe you have worth, dignity, and deserve respect. I believe you are whole and are doing the best you can. I also believe you have the capacity for self-direction; the right to choose your own values; the ability to deal with your feelings, thoughts, and behaviors; and the potential for constructive change.

In a nutshell: I know you have everything you need to live courageously, achieve your goals, and realize your dreams. But I also know - from lots of personal experience - that fear, doubt, and your very own negative (and nagging) inner voice can stop you in your tracks and ruin your plans before they even become plans.

As your coach, I will ask questions from a place of curiosity to encourage learning and growth. I will help you reframe your thoughts, shift your perspectives, and redefine yourself and your situations. By establishing a safe space for you to fully express yourself, we will co-create a process for change that will empower you to move beyond your fears, inherited beliefs, and limiting assumptions.

Together, we will figure out what's holding you back, create meaningful options, and navigate your choices with confidence and conviction, one courageous step at a time. If you are ready to choose your Courageous Destination, or if you have questions, contact us at [courageousdestination@gmail.com](mailto:courageousdestination@gmail.com) to set up your free 30-minute Discovery Call.

Be courageous today!

1

### CLIENT-FOCUSED

As your coach, I will hold space for you as you discover, experiment, and learn.

2

### CLIENT-DIRECTED

You are the expert on you! With my support, you will create change and realize your goals.

3

### FUTURE FORWARD

Together, we will co-create your future vision and develop an actionable plan.

## What is Coaching?

Coaches are partners, co-creators and champions for our clients.

Coaching is a thought-provoking and creative partnership that will inspire you to maximize your personal and professional potential, often unlocking previously untapped sources of imagination, productivity and leadership.

As equal partners, we will co-create while engaging in strategic evaluation, feedback, cheerleading, and checking in as you move from thoughts to action.

## Coaching Outcomes

- Future visioning
- Goal achievement
- Mental clarity
- Hopeful life outlook
- Belief in yourself

## Contact us to set up a free Discovery Call!

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