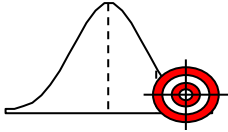


WHAT IS WORK-LIFE COACHING?



This assessment-based coaching process provides you with self-awareness and insights on how to make better work-life choices. By the end of the coaching sessions you will be on a high-achievable path to greater work-life success and have insights-tools-knowledge to coach yourself.

ONLINE COACHING PROTOCOL

- Sessions cost \$150 each
- 60-minute coaching sessions
- Survey administration = 1 session

5 STAGE COACHING PROCESS

- 1) Contracting - Improvement targets
- 2) Assessment - online surveys
- 3) Reports-Feedback-Interpretation
- 4) Interventions - methods, strategies
- 5) Self-Coaching - tools and guidelines

INTERACTION METHOD



- Scheduled meeting by phone or online
- Impromptu calls for clarity (no charge)
- You complete tasks in/out of session
- Coach prepares before every meeting

WHAT YOUR COACH PROVIDES



- Self-Others awareness and confidence
- Life Standards-Measures-Solutions
- Coaching-Models-Exercises-Counsel
- Path to reach high-achievable goals
- Expertise from a Talent Engineer

CONFIDENTIALITY

You can speak candidly with your coach who will keep everything said in session totally private. Your data-records are not accessible to anyone but you and are destroyed after 6 months. You may elect to share selected insights with work-life stakeholders; however, distributing our coaching tools is prohibited by US copyright laws

ABOUT YOUR COACH



Jeff Lyons is an international talent consultant who conducts and teaches coaching to HR pros, psychologists, and professional coaches. He developed, refined, validated, and teaches [Talent Engineering Technology®](http://TalentEngineeringTechnology.com) from a catalog of assessment development tools. As a Cognitive Scientist Jeff has researched thousands of high-performing people globally. Before returning to university studies to earn advanced degrees in Applied Cognition and Neuroscience he was a VP Human Resources.

ABOUT PERFORMANCE ADVANTAGE - Founded in 1991 by a cognitive scientist and VP Human Resources, we are leadership coaches who complement their intuition, experience, and people skills with science, math, and analytics. See our catalog of 100 talent assessment-development tools at <https://www.MeasureToSucceed.com/Catalog>. We earned contractor badges from 7 industry-leading global organizations by providing expert work, reliable service, and trustworthy relationships. We developed, facilitate, and certify coaches in our Work-Life Success Workshop attended by over 5000 people globally.

Contact Jeffrey Lyons, Principal, Performance Advantage
Office (972) 517-3389; Cell: (972) 658-6873; Email: jl@measuretosucceed.com
[Webpage to Schedule Coaching > https://www.MeasureToSucceed.com/work-life-coaching](https://www.MeasureToSucceed.com/work-life-coaching)