



Michael Fall - Insight Based Coaching Certified and Accredited Professional Coach



You are ready for your new best future

The challenge is remembering this when it all just feels like a giant pile of shit. We all know that despite our best intentions there are many reasons why relationships go south. Two exes and two amazing adult children later, having been a single Dad, paid and received alimony, I am here to remind you that despite how it will look from time to time your best future is waiting for you. Uncertainty will give way to certainty, pain will fade, and you will emerge confident and in control once again. We will work together to imagine and then build the future you deserve.

Your divorce does not define you

My breakups left me angry, frustrated, insecure and full of doubt. What am I going to do now? How will I manage? Will things ever be ok again? As it turns out they will. Not only that they will be better than ever. Together, we will discover your best way forward. As someone who has been through the experience of having two long-term common-law relationships with young children fall apart I come to the table with some experience. You can expect to discover resources and support around:

- Rediscovering happiness
- Moving forward
- Prioritizing what is important
- Co-Parenting and being a single parent
- Boundaries
- Blended families
- Coping with your Ex
- Rekindling passion
- Getting out there again
- Balancing your needs with the needs of those around you
- Tapping into inner strengths and resources

Possibility and potential in every moment

There will be times when it seems hopeless. It isn't! Helping people stay in the moment and realize their possibility and potential is my calling and it began with a conversation with my mother about guidance counseling in 1983. That was the moment I knew why I was here, to

awaken the possibility and potential in all of us. My purpose and belief in my clients allows me to help those I serve to flourish.

Passionate about finding solutions

I love helping clients find solutions that resolve issues and realize their objectives through easygoing yet revealing and transformative coaching sessions. Witnessing a client shift from worrying about their problems to seeing clear solutions and next steps just lights me up.

Kind words from my clients

"My coaching with Michael was among the best I have experienced. Michael was not only able to stay with me throughout the full array of my thought processes, but he also nudged me ever-so-gently into what can only be described as deeply insightful realizations which truly propelled me back to the core of my inner balance, groundedness, and inspiration. Thank you, Michael, for helping me to see what was in plain sight all along. I can't speak highly enough of his skill as a coach and professional guide."

-Hospital Executive

"You've helped me to achieve all my stated goals without any huge bumps in the road. Your calm presence and focused listening were the vehicles of grace. There was no NEED for hurt, upheaval, suffering... just an easy meander to where I wanted to be. Thank you. You made it seem effortless."

-Entrepreneur

"I have found your work with me to be invaluable...uncovering elements I had been struggling with for months. You have a real talent for very quickly drawing out the solutions I was so desperate for and have fundamentally changed my view of coaching, turning it from a luxury to a 'must-have' for everyone."

-Engineer

Discovering Michael was a true gift and working with him to unleash my full potential has been invaluable. In just 6 sessions, over 3 months, I was finally able to access what was always within me, transforming the visions and dreams I'd held for years into reality.

- Entrepreneur

As the client, I set the pace and intention for our conversations, while Michael guided my thoughts into new territories. Suddenly I was smashing limiting beliefs and uncovering the strength and confidence to support my highest self. I felt immediate results in every session which led me to take new actions and in turn, quickly added up to measurable results

-Food Addiction Counsellor.

Your ability to hold me as capable and resourceful at all times allowed me the space to get really clear on what was important to me. And your questions helped illuminate the resources I already have.

-Coach

Education and certifications

Solution Focused Brief Coaching Certification, University of Toronto

Accredited with the International Coach Federation (Governing body for professional coaches that ensures ethics, code of conduct, and competency.)

My free offer: Two 60 minute coaching calls and a 25% discount on coaching packages

Suppose you could take 60 minutes out of your week and have it be impactful. How would you know that time had been well spent? What might you or others notice that would have them wondering hey, what changed?

Come to our first 60-minute Zoom call with an issue or a goal that matters. At the end of this call, you will be clearer and more focused on the outcomes you want, and begin to see the possibility of a solution. In our second 60 minute call, you will continue your momentum towards your best solutions which will become clearer and executable effortlessly. After our no-obligation-free calls, all coaching packages are customizable to meet your specific needs.

Why do I give so much for free? I want to give back some... and a coaching relationship is one of trust. It is a co-creation. You need to be as sure of me as I am sure of you.

Contact Michael Fall

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