

Do you often feel stuck, powerless,
overwhelmed, frustrated or unfocused?
Do you have trouble achieving
your goals?

Choose coaching for personal power,
focus, energy and authentic change.

[Start the process with a FREE Discovery Session](#)



LEBOCC
LAMETRA B. OFF, COACH



COACHING PHILOSOPHY

Everyone is perfectly and uniquely made. The Universe has a plan for everyone. Through inner work, discovery and acceptance individuals discern who they are – preferences, personality, motivations, skills, abilities, knowledge, strengths, etc.; and individuals determine their uniqueness; thus, discovering their competitive advantage.

IN ACTION

I coach in a non-judgmental environment, energetically partnering with uniquely, *flawsome* clients; presenting opportunities for development, learning and growth; while piloting a journey to self-awareness, discovery and intentional and purposeful living.

COACHING APPROACH

My approach consists of assessing and accessing core energy - essentially coaching from the inside out, stressing strengths, positivity, focus, self-efficacy and personal power.

*There's no one like you. You are original. You are unique.
For those reasons and more, you deserve a coach that is also unique.*

What makes me unique among coaches?

I am unique for a number of reasons. Let's start with values, interests, strengths, talents, experience and certifications.

- My personal and professional **values** include achievement; empowering others and making a difference; adaptability; knowledge; continuous learning; friendship – meaningful exchanges; autonomy; teamwork; excitement; and work/life balance.
- My **interests** are learning (about people, personalities, communication, networking and business marketing); coaching; aligning others to an inspiring life; moving - hiking, running/jogging and yoga; and participating in travel adventures.
- My **strengths** are maximizing others' gifts, talents and strengths; relating to others; discussing intellectual topics; collecting and preparing materials for leadership and development; and continuously learning.
- My spiritual **gifts and talents** are teaching, encouraging, discernment and faith, knowledge, giving and wisdom.

A coach is a mixture of a teacher, a listener, mentor, motivator, a counselor, and one who challenges, questions, inspires and takes her clients to another level of consciousness. A coach is also future focused - one who guides individuals with achieving their goals. I have over 25 years of coaching **experience**. I have instinctively and formally taught, facilitated, mentored, coached, counseled, guided and assisted others in achieving their goals for over 25 years in various industries.

Also, I am **certified** as a/an:

*Global Career Development Facilitator
Certified Career Services Provider
Myers-Briggs Type Indicator Practitioner
Certified Professional Coach
Energy Leadership Index Master Practitioner
COR.E Transitions Dynamics Specialist
Minority Business Enterprise/Woman Business Enterprise/Small Business Enterprise (MBE/WBE/SBE)
Service-Disabled Veteran Owned Small Business*

Why are these certifications important?

Anyone can call themselves a coach. Doing the work— including the learning, discovering, experiencing, training and developing— is a different level of expertise, focus and skill. Coaching is a blend of art and science and can be life changing for many clients. Certifications provide legitimacy, reliability, soundness and a level of proficiency.

Connect with me to schedule a Discovery Session to learn more about how you, your team or your organization can benefit from coaching or to learn the benefits of partnering with a Minority Business Enterprise/Woman Business Enterprise/Small Business Enterprise (MBE/WBE/SBE) or a SVDOSB

What do clients say about Lametra Off Coaching?



LENDA J.

CHANGES PERSPECTIVES

"Lametra helped me change my perspective on life! From the beginning I knew I needed help through some muddy waters and when she reached out to me, she instantly provided peace of mind, understanding and topped it off with laughter. She explained the differences between Life Coaches and Counselors. She listened to what I was searching for and what I wanted to accomplish and step by step helped me to not only obtain it but actually exceed it. Life is always going to be a work in progress but Lametra helped me to find the tools, mindset and follow through to help me continue on the path that I want for myself. I have already recommended her to my friends and family and know she will be just as amazing for anyone else willing to dig deep, do the work and take her advice. Thank you so much Lametra for all you have done and what your words will continue to do in my life."



PAM R.

INSPIRES

"I was a little skeptical at first, especially since I have not created a resume or gone on an interview in over ten years. However, with Lametra's coaching I mustered up the confidence and I attended a job fair.

With Lametra's guidance, I talked to several recruiters and marketed myself. Most importantly, with Lametra's expertise, teaching and diligence, I created a resume. That resume produced 3 interviews-so far! I am excited, surprised and looking forward to the future. Lametra is a coach!

She is an extremely effective and inspiring career coach. She was quickly able to determine what I was doing right, and what I could do better; and coached me through resume writing, networking, interviewing and the negotiation process. Her feedback was clear and concise and I genuinely knew she had my best interests in mind throughout the entire process."



Expectations

What do you expect from career/life coaching?

An ideal coaching relationship is synergistic – full of collaboration, cooperation and interaction. Let your coach know your expectations, idiosyncrasies and any important requirements as soon as possible to establish a worthwhile relationship. That said, the items below are the coach's expectations of you.

1. Provide your background.
2. Energetically engage in all aspects of coaching.
 - a. Complete all assessments, exploratory activities or challenges.
 - b. Reply to introspective questions.
 - c. Receive feedback, challenges and activities.
3. Understand timelines and targets.
4. Consider options. Discern and discover answers, perspectives and paradigms.
5. Discuss and determine follow-up actions.
6. Review and celebrate achieved goals.



“ Coaching is the universal language of change and learning. ”
- CNN

Your developments and discoveries will include, but are not limited to, the following:

- | | | | |
|--|-------------------|--|---|
| | Personality | | Energy |
| | Skills /Abilities | | Interests |
| | Values | | Education |
| | Strengths | | Desires
<i>Where to live</i>
<i>Where to work</i>
<i>Who to work with</i>
<i>When/why to work</i>
<i>Projected salary</i>
<i>Personal mission statement</i> |
| | Gifts/Talents | | |

DISCLAIMER:

Coaching is effective when the client/performer is coachable, participative, honest and transparent. There will be assignments requiring self-reflection and introspection.

“ Authentic change starts inward....
from the journey inward, via coaching, you return
with infinitely more personal power, positivity,
energy and focus.

- Coach Lametra

Lametra Off Coaching

Lametra B. Off, Owner/Principal Coach/Transitions Specialist

lbocareercoaching.com

FOLLOW ME



Certifications

Global Career Development Facilitator (GCDF)

Certified Career Services Provider (CCSP)

Myers-Briggs Type Indicator Practitioner (MBTI)

Energy Leadership Index – Master Practitioner (ELI-MP)

Certified Professional Coach (CPC)

COR.E Transitions Dynamics Specialist

