



I wanted to pass along a little information about my profession and what it can do for you. Coaching has received quite a bit of media attention in the past several years. In fact, the emerging profession of coaching and Coach U have been covered on the NBC Nightly News, Donahue and CBS This Morning. They have also been featured in Newsweek and USA Today as well as in over 100 other major media outlets. **Coaching has received this positive attention because of the success of the clients who use a coach.** In fact, here is a brief sample of what the media has said about coaching:

"[Coaches] -- they're part therapist, part consultant -- and they sure know how to succeed in business." -- Newsweek

"...want to get even further ahead?...What you need is a coach, your own personal motivator. They're not just for top-ranked tennis players any more." -- Miami Herald

"Progressive managers and consultants have long made coaching part of their jobs, helping employees improve their work habits and interpersonal skills. But in recent years, coaching has emerged as a distinct occupation and source of help in the workplace." -- Sunday Oregonian

These are just a few of the mentions coaching has received in the press in the past couple of years. Clients use a coach for any of the following reasons and often for a combination of these reasons:

- To make substantial personal changes including stress reduction and lifestyle simplification.
- To improve communication and language skills.
- To design a complete Life Plan, including both business and personal goals.
- To prioritize, basing personal and business goals on one's values.
- To completely organize and automate at work and at home.

So, as you can see, coaching is for those individuals and groups who see the value in having a confidential consultant to collaborate with them to stay focused resulting in reduced stress, fewer problems, and more time and energy.

Coaching has proven itself to be a viable profession.

I provide a complementary session of individual coaching for you or anyone you think might benefit. This gives the person a feel for coaching, as well as how they respond to coaching. Call it a test drive if you will, but I think it is an excellent way to get started and solve a problem while you're at it!

Please visit my website today at [www.kielercareerconsulting.com](http://www.kielercareerconsulting.com) and take advantage of my complementary 30 minute session today!

Warmest Regards,

Rebecca Kieler