

Complimentary Consultation

A complimentary consultation is an opportunity for a 1-to-1 personal consultation to experience the power of coaching for personal growth and fulfillment in your living.

In a consultation three things happen:

1. We will talk about how things are going and I will learn about you, your goals, dreams, what is working and not working for you;
2. You will learn about me and how our working together will benefit you; and,
3. You will experience the coaching process and gain value from the conversation.

Have you ever said:

- I wish ...
- I want ...
- I can't ...



Experience the power of coaching

Call
774.212.1826
to schedule
a consultation.

Email:
mfrench@livingwhole.net



Maggie French, PCC
4 Haromar Heath
Harwich, MA 02645
Phone: 774.212.1826
E-mail: mfrench@livingwhole.net
<http://www.livingwhole.net>

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LIVING WHOLE COACHING

Maggie French, PCC



How Coaching Differs From . . .

Consulting

Consulting has an agenda and possible answers. Consulting brings that agenda and those answers to the Client. They are experts in certain fields. They promote themselves as the expert in certain aspects of life.

Mentoring

A Mentor has “been there, done that,” and will show one “The Ropes” using their personal experiences as a model of success for you.



Therapy

Therapy’s function is to help with emotional problems, overcome issues that hinder a balanced emotional life, and sometimes, manage mental illness. Therapy works with one’s past to analyze one’s emotional behavior. Therapy helps one figure out “why.”

Sports Coaching

While professional coaching has many similarities with Sports Coaching, Sports Coaching is based on competition and a win-or-lose scenario.

What Coaching Is . . .

Coaching is the most powerful force for change and personal growth. Coaching helps you tap into your inner purpose and passion, and connect that with your outer goals and strategies to bring about extraordinary and sustainable results.



A coach is a trusted advisor who provides a confidential and safe environment in which you can explore issues and concerns that hold you back from being all that you want to be in this living.

- Coaches are expert in the coaching *process*.
- Where others see problems, Coaching see opportunities.
- Coaches helps you focus on “how,” directed toward solutions,
- Coaches brings out one’s best, not to best someone else.
- Coaching is a collaborative effort solely based on what an individual wants and thinks they would like to do.
- Coaching is objective and nonjudgmental.

How Coaching Differs From . . .

Friendship

Friends are a valuable aspect of your living. Friends in their care for you, more often than not, are all too happy to tell you what you “should do.” Also, friends may not point out various issues for fear of hurting your feelings.



Call Today

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