

Thirty minute coaching session with Amy Todisco of Your Turning Point Retreats & Coaching.

Get a taste of what coaching with Amy can do for you in creating a positive change that you've been eager to manifest. In your 30 minute session together, you will identify and clarify a goal that you would like to make become a reality. We will talk about first steps, and what the coaching process might look like to achieve that goal.

With her laser focus, honest feedback, positive mindset, and a strategic thinking process, Amy has helped clients make changes such as: mapping a plan to create a life and career in a new country, start a new business based on their passion, significantly improve their communication skills and relationships with others (avoiding divorce), improve their health through changed eating and preventative health strategies, get sober, and become a more confident person.

Six Things That Coaching with Amy Can Do For You:

- 1 She's an idea person who also knows how to put creative ideas into action. That means you'll get new ideas to help you achieve your goals.
- 2 You'll achieve practical and tangible results because she will gently hold you accountable for what you say you want to achieve.
- 3 Crystallize your vision and develop a step by step plan for making it a reality. Her laser like focus helps you stay on track and think and act outside of your comfort zone.
- 4 Transform beliefs that no longer work for you and create new neural pathways (brain connections) for the types of beliefs and behaviors that are most useful to you.
- 5 Important advice on how to be a more effective communicator benefiting all of your relationships.
- 6 You will learn how to activate your inner coaching skills so that you can continue creating the life you want after our coaching relationship ends.

<http://www.yourturningpt.com/coaching/>