

Meet Paula

Paula Kerr is:

- *an Entrepreneur
 - *owner of a Life and Business coaching practice,
 - *leadership development consultant
 - *small business skills teacher
- And
- *health and wellness consultant

She draws on her 23 years of experience in alternative health care as a massage therapist, certified herbalist, and health and wellness consultant. She spent 10 years in corporate work prior to health care.

She has experienced numerous life transitions. Because of this, she is an empathetic life coach. Life can be a challenge — why go through it alone, when you can utilize a coach to enhance your growth and reach your goals sooner? She has the ability to assist you to increase the quality of your life. Call now for a half-hour phone consultation to see if coaching could be your next step toward success.

Mission

Positively influencing the lives of those I touch by inspiring them to connect their hearts with their heads, and braiding this concept into both their personal and professional lives.

I will do this by listening, offering information to enhance better communication skills in families and the work place, teaching workshops on balancing lives, assisting people in growing their businesses, facilitating tele-classes on various subjects & skills, aiding in recovering from life's challenges, and encouraging implementation of extreme self care programs, just to name a few.

**PAULA LENZ KERR
LIFE & BUSINESS
COACH**

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COACHING IS --
Assisting people in taking
their personal and
professional lives to the
next level.

What is Coaching?

Coaching is a powerful, collaborative relationship between a coach and a willing individual which enables, through a process of discovery, goal setting, and strategic actions, the realization of extraordinary results. Coaching is also a body of knowledge, a technology, and a style of relating that focuses on the development of human potential. Coaching is inter-developmental in that the collaboration develops both the coach and the individual being coached.

In each meeting, the client chooses the focus of conversation, while the coach listens and contributes observations and questions. This interaction creates clarity and moves the client into action. Coaching accelerates the client's progress by providing greater focus and awareness of choice. Coaching concentrates on where clients are today and what they are willing to do to get where they want to be tomorrow.

Coaching is about working from the clients' agenda, not the coaches. The coach helps people identify their true talents, strengths, passions, and genius in order for them to achieve their goals.

The Professional Coach is . . .

Your partner in achieving business and personal goals

Your trainer in communication and life skills

Your sounding board when making choices

Your motivation when strong actions are called for

Your mentor in personal development

Your co-designer when creating an extraordinary project

Your wake-up call if you don't hear your own

And most importantly . . .

The professional coach is your partner in achieving all of what matters most to you!

Benefits of Coaching

The Individual . . .

- Increases their level of performance
- Accelerates change
- Can hear him/herself talk aloud about things not ordinarily talked about with anyone else
- Has an objective person to tell them the truth
- Is encouraged to stretch and grow into the goal he/she has established for himself
- Has a sounding board to vent and brainstorm with — a non-stake holder
- Has a coach that makes their training count with follow-up for implementation

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