

Life Coaching and Mentoring...

to live and perform at your personal best!



The First Step!

The first step toward getting somewhere is to decide that **you're not going to stay where you are.** You're not a captive of your environment. If you don't like where you are, you can make some needed changes. Don't say, "I would, if I could," start saying, "I will, because I can!"

Your goals can only be reached through having a personal life game plan. One in which you fervently believe, and upon which you will vigorously act. There is no other route to success.

It's always your choice. You alone have the responsibility to shape your life. Once you understand this, nothing... and no one can deny you success. There's really no one to stop you but yourself.

COACHING AVAILABLE
FACE-TO-FACE or VIA
GOTOMEETING®

- Finding greater purpose & meaning
- Recognize and defeat negativity
- Improved communication skills
- Enhanced decision-making
- Greater soft skills development
- Overcoming inaction and excuses
- Confidential and supportive
- Clarified values and SMART goals
- Developing a growth mind-set
- Reframing negative situations
- How thoughts create emotions
- Overcome personal obstacles
- Why purpose is more powerful than passion
- We help guide you to discover your own answers and conclusions
- Request your **FREE** 15-minute session via GOTOMEETING® to experience what great coaching is really like.

WE HELP YOU TO DEVELOP AND REACH YOUR HIGHEST POTENTIAL

Leadership Excellence Ltd. is an organization dedicated to helping individuals and businesses reach their highest potential through effective personal life coaching, training and development. We use proven mentoring tools and methods to help you excel in life. **Our individual life coaching services include:**

- Regular bi-weekly "face-to-face" or **GOTOMEETING®** coaching sessions.
- Typical sessions last 30-minutes. 60-minute sessions are available.
- All sessions include personalized handouts and a theme.
- Coaching provided by Greg L Thomas, recognized author, consultant, life/business coach, entrepreneur and community leader. Greg is a **Professional Life Coach** certified by the Transformation Academy.
- Our purpose is to support, mentor, encourage and develop **your** strengths. We help you to recognize your potential areas of growth.
- Sessions scheduled at mutual convenient times, but because of limited availability (due to high demand) there may be a "waiting list" to get started.

To schedule your **FREE 15-minute session** call **330-722-8764**
or contact Greg at gthomas@leadingtoday.org