Life Coaching – A Guiding Light in Today’s Turbulent Times

The historic global recession and uncertainty have many wandering in the dark for answers, for hope and for guidance. Help from a professional life coach can make a real difference.

March 23, 2009 - PRLog -- Goals That Open Doors (GTOD) is a life coaching service offering affordable, convenient, individual and group life and career coaching. (www.GoalsThatOpenDoors.com). However, life coaching may not be a widely known resource. For those unfamiliar with the concept of life coaching, it is a systematic approach to identifying goals, overcoming obstacles and developing action plans. Life Coaching is NOT therapy or counseling, but rather a form of guidance and support that helps clients understand what they really want and develop strategies to get it.

“As a life coach, I am always eager to serve as a mentor and motivator, giving objective feedback, encouragement and support. I am trained to ask the right questions that lead clients to examine what they really want. I am on the client's side 100%! I am understanding and non-critical, but serve as a point of accountability helping clients live up to their personal commitments to themselves.” –Nova Yeoman, Life & Career Coach.

Goals That Open Doors is a life coaching service based on the training of the Life Coach Institute (LCI) founded by Dr. Shad Helmstetter, Ph.d. Dr. Helmstetter’s 30 years of research and study in the fields of motivation and behavioral sciences offers LCI certified coaches the proven tools to help clients achieve success in any area of interest in life. The program is designed to guide clients on 3 levels: active goal setting, self-talk success programming and life coaching support.

Even with the economic turmoil, life coaching is not only an important resource for overcoming challenge, but it is also more affordable than originally thought. “Group coaching is a great way to get introduced to coaching. Cost is shared among the others in the group and is conducted via teleconference. Support from others in the group coupled with the guidance of the life coach professional is a sure fire way to achieve success.”—Nova Yeoman, Life & Career Coach

Challenging times cause for creative solutions. It can be difficult to navigate the stormy waters that society is currently experiencing. Life coaching is a guiding light with the potential to help millions gain the clarity needed to “think outside the box” and form new processes and strategies to create the success and achievement that everyone is looking for. Many of today’s most critical issues such as jobs and careers, money and finances, health and fitness, personal relationships, self-esteem, time management, personal growth and overall quality of life can be addressed and re-worked during life coaching sessions.

“It is my job to help clients not only find focus, but also to create the right attitudes and actions to stay on the path to achievement. It’s both exciting and humbling to have the opportunity to help others in such a profound way. One of my personal goals it to share the gift of life coaching with as many clients as I can. Now is the best time to reassess what really matters to each of us and to take advantage of the support only a professional life coach can offer.”—Nova Yeoman, Life & Career Coach

For additional information on the news that is the subject of this release, contact Nova Yeoman or visit www.GoalsThatOpenDoors.com.

Contact:
Nova Yeoman
Life & Career Coach
Life Coaching is a systematic approach to identifying goals, finding focus, tracking progress and keeping clients motivated along the way. Goals That Open Doors offers individual and group coaching. Convenient and affordable telephone coaching.

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