



9 Reasons Why Life is Better with A Coach

1. You get more clients, higher paid work and increase your income and business profits.
2. You become focused to navigate any challenge smoothly.
3. You Improve follow-through by setting goals and more importantly taking action to achieve those goals.
4. You can take a look inside yourself to find the real you that you never knew existed.
5. You quickly "hit your stride" by developing your own set of tools that work for you.
6. You prioritize by concentrating on what's truly important in your life and finding time for the critical things.
7. You achieve clarity by learning how to quickly put issues in perspective, something most people can't do.
8. You become motivated, enthusiastic, productive and successful.
9. You increase your energy and decrease your stress by finding the things and people that drain you.



Learn more by contacting
Lisa at 703-455-9125 or email



What is professional coaching and how does it work?

Professional coaching is a blend of three disciplines—Leadership, Management and Psychology—which focuses on you achieving your goals. A coach is a mixture of the many people we all need in our lives: teacher, friend, confidant and someone who holds us accountable to do what we say we want to do.

You will have total control over the results you achieve through coaching because **you** set the program objectives.



A Phone Call Starts the Positive Change Process

It all starts with a phone call or an e-mail. At Carey Coaching, LLC, Lisa delivers structured and client-focused coaching programs ranging from 12 weeks to one year. After a 90-minute intake session, a custom coaching program is designed. The program can be managed in any number of blocks and settings. Coaching will take place by phone, in-person, or a combination that works best for you, though typically interaction is over the phone. Fees are determined by the length and scope of the coaching objectives that you set.

Lisa serves as an objective, nonjudgmental, supportive mirror and will provide options, new perspectives and encouragement. You will develop the insight and confidence to identify your self-imposed obstacles and overcome them to reach your objectives.

Services

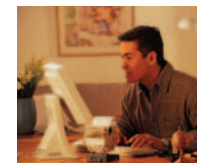
Carey Coaching provides different coaching services to meet your needs.

Executive Coaching	Small Business Coaching
Individual Coaching	Parent Coaching
Teen Coaching	Seminars & Public Speaking

Find out more by visiting the website www.coachlisacarey.com.

Carey Coaching has successfully coached:

accountants	attorneys
acupuncturists	artists
authors	bankers
business owners	chiropractors
college students	defense contractors
executives	financial planners
government staff	Mary Kay consultants
massage therapists	ministers
multi-level marketers	military officers
nurses	other life coaches
parents	personal chefs
personal trainers	photographers
plumbers	professional organizers
real estate agents	retail store owners
salespeople	teachers



What separates Carey Coaching from other coaching services?

Lisa's strong communication skills, business acumen, and 20-year Navy career set her apart from other coaches and business leaders. In the Navy, she supervised a team of 500 people, gaining valuable experience and insight into organization, goal setting and motivating people.

For businesses and executive level professionals, she addresses both the human elements and the business aspects to achieving success.

On a smaller scale, but still important, Lisa works with parents and teens to overcome the challenges of everyday life.

Coaching Credentials

Along with a Bachelor of Science degree in Finance from the Pennsylvania State University and a Masters of Science in Management from Troy State, Lisa possesses several important certifications including the International Coach Federation Associate Certified Coach Designation, facilitator for Parent as Coach, as well as for the Life Blueprint Institute.

She is a graduate of Coach U, the Centre for Coach Training in Portland, Oregon. Lisa is also an authorized facilitator of the Parent as Coach Program (www.parentascoach.com) as well as the Now What? 90 Days to A New Life Direction (www.lifeblueprintinstitute.com).

Lisa is a member of the International Coach Federation Coachville, Business Network International, the U.S. Chamber of Commerce and the Springfield Virginia Chamber of Commerce.



What clients are saying about Carey Coaching

"Lisa changed my approach to life! Over the past five years, she has helped me: kick start a boring job, carve out personal time for friends and family, find time for hobbies, and achieve specific life goals. I couldn't have done it without her coaching. Lisa possesses the rare ability to adapt her coaching style to meet differing needs and is very highly tuned to individual needs and requirements. Her understanding of both military and civilian lifestyles makes her extremely effective. Coach Carey absolutely makes a difference!" Capt USN

"When I entered into a coaching relationship with Lisa my life had gotten ho-hum. The bad part was that I had not really noticed. The good news is that Lisa picked up on this in no time and started her magic on me. Through the tools of her trade she had me look deep into myself to find the real me I never knew existed. This new knowledge if myself allowed me to emerge into a different career. Through careful listening on Lisa's part she helped me develop my own set of tools that has worked for me quite successfully. I now have branched further in this new field, each action a building block for the next." Teacher

"Lisa has been instrumental for me to attain my goal of becoming the best that I can be in all aspects of my life. Lisa has helped me in her very professional way to see the mountains of possibility in each avenue of life, to see how to navigate any challenge smoothly. From regularly meeting with Lisa, I am learning this proactive approach to life as opposed to allowing the stress that naturally accompanies responsibility and accountability from becoming overwhelming." Sports Chiropractor



Lighting the way to success!
703-455-9125



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Leadership
is
action,
not
position.

Donald H. McGannon



www.coachlisacarey.com