

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



MARCH 2008: Does this sound familiar?

Has this happened to you?

One day, to your complete surprise, your spouse tells you that he doesn't want to be married to you any more.

Not only that, he let's you know, in no uncertain terms that he hasn't loved you for a long time, that he's not interested in saving the relationship and that you will just have to move on.

Sound at all familiar?

Here's something you probably don't know

In 2007, Google reported that of the ten most searched words about divorce, '**divorce advice**' came up as number 2 on the list. This means that people considering divorce or having just been through one were looking for answers or pointers on what to expect?

The fact is, **divorce**, under any circumstance, is *extremely difficult*. It is important for anyone considering or going through a divorce to get the kind of guidance and support that they need.

I coach women and men who are struggling with the pain and loss of self confidence and self esteem that separation and divorce brings with it.

I Have Learned...

I have learned that most of the things that made me feel happy when I was ten years old, still do.

Quote

"It takes courage to grow up and become who you really are."

- e.e. cummings

Would You Like To Regain Self Confidence?

Here's how:

All you need to do is set aside 30 minutes for a phone conversation with me. That's right... **only 30 minutes from your busy schedule...** You can do this!

It's that simple!

During that 30 minute **COMPLEMENTARY coaching call**, I'll ask you some questions about what is going on in your life so I can better understand where you are right now.

We'll talk about how I can best support and empower you and then you will have a chance to ask me some questions to get clear about coaching.

That's it, in a nutshell!

No doubt about it ... personal coaching can be described as making the most positive investment in yourself!

Take charge of your life, re-build your self confidence.
Find out how by calling me ... today!
(905) 713-1352 or email me at:
lois@discoveryyourselfcoaching.com
It's really that simple!

We can set up your **COMPLEMENTARY 30 minutes coaching call** for a time that is convenient for YOU. AND the best part ... Coaching will help you to positively re-program your thoughts and attitude at lightning speed.

That's right!

Can you even begin to imagine how *wonderful* that will feel?

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PS: Okay, I know what you're thinking? What does she know about the pain I am going through? The simple truth is that **I too have experienced the fears and loss of self confidence that separation and divorce bring.** Which is why I am talking with you right now.

But here's the most important part ...

I'm ready to share some amazing secrets and strategies that will not only help you re-gain your self confidence and build your self-esteem, **BUT** help you **propel yourself positively forward**, with ease and support.

Please get in touch with me right now, start your journey forward today.
lois@discoveryyourselfcoaching.com
or call (905) 713-1352

The Quick And Easy Way To Improve Your Mental And Emotional Health

Have you ever wished that you could put the brakes on and stop everything that is going on in your life? Get away from all the day to day stuff and take some time to figure out just who you really are and who you really want to be?

Maybe you want to **re-evaluate your career... your relationships...** what you want to do with the rest of your life. Believe it or not, the best place to start is to improve your mental and emotional health.

But first a warning...

It isn't just a matter of setting your mind to it. *You'll need a roadmap to help you get started.*

Let's take a look at 7 tips that will help improve your mental and emotional health

- 1 Learn to Accept Yourself...**
Everyone is different but the one thing we all have in common is that not one of us is perfect. In fact, there are many things such as our background, our gender, education, race, sexuality that make us who we are. Each one of us is entitled to respect and we all have something to offer this world. Stop being so hard on yourself.
- 2. Get Involved in Life...**
When you meet people and get involved in new things, ideas, circumstances it can really make a big difference for you and the people around you. Make some new friends, join a new group, enroll in a course or program. **YOU** will really see the benefits, right away.
- 3. Keep in touch with others...**
It's important that you realize you don't have to be strong and struggle on your own. Especially at difficult times in your life. Reach out to your friends for support.
- 4. Talk about how you feel...**
In today's busy world, you may feel very isolated and overwhelmed by problems. Talking about how you feel will definitely help. Find people who you can trust and learn to confide in them. If you feel there is no one in your life you can trust, make sure you call your community hot lines for help. You'll be amazed at how good you feel if you can take that very first step.
- 5. Relax...**
As my teenaged daughters used to say, "Relax, take it easy". If you find that constant busyness is getting you down, make time to relax. Get into the habit of unwinding either by meditation, listening to music, reading or taking a long, hot, luxurious bath.

Did you know that even 10 minutes of downtime a day can help you manage your stress?

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6. Ask for help...

Don't ever be embarrassed about asking for help, especially if it's about getting help for your mental well being. Let's face it. We all need help from time to time and it's a sign of personal strength when we ask for help.

7. Talk with a professional...

Too many people won't even consider the possibility of talking with a professional about their problems. It's almost like admitting your own failure in life. But make no mistake about it ... it takes enormous inner strength and willpower to acknowledge that you're not an expert in every area of human nature. It takes inner strength to seek out professional assistance.

Let me ask you this question:

Are you feeling like your life has reached a dead-end? That no matter what self-help tips you try, you're still stuck? Still getting the same results?

Here's your chance to change all that with...

Personal Coaching

Now here's your next step: **Call me right now** at (905) 713-1352 to set up your **30 minute COMPLEMENTARY discovery session.**

It's that easy!

AND it doesn't matter where you live ... coaching can be done over the phone.

BUT wait... don't forget to visit my website www.discoveryyourselfcoaching.com to get your FREE report about coaching.

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway
Business & Personal Development Coach

Discover Yourself Coaching
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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

Lois' fees are available upon request. For fee structure and additional information, please send an email to: lois@discoveryyourselfcoaching.com

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