

Experience the Magic of Coaching



Eileen Lichtenstein
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You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

Woodrow Wilson

What can be better than a gift that could potentially make

someone's future more successful? Imagine, with the gift of coaching, you provide yourself, your loved one or colleagues the unique opportunity to grow their business and reap personal and relationship benefits in unprecedented ways! You all walk away with invaluable tools and knowledge. This is truly a win-win opportunity!

I usually market my services by the project, each lasting 2-4 months, with follow-up coaching/training available on a month-by-month basis. However, to celebrate new beginnings and bountiful opportunities in this time of global economic and political challenges, I offer the following...

- **3 individual** 1 hour coaching sessions, in-person in Baldwin, NY. or via the telephone-internet: \$270.00. This may include:
- **PCSI (Personal Coaching Styles Inventory):** A communication styles assessment tool and coaching to address the results. *Effective*

communication is the basis for *good relationships* and *productive teams*.

- **Meridian Tapping (EFT: Emotional Freedom Techniques)** to accelerate goal attainment, release negativity combined with positive visualizations and relaxation.

Discounted customized group trainings team development, leadership development, anger management-conflict resolution, stress management through 2009 with Eileen and her affiliates. We honor and work with your budget restrictions!

Why Coaching Now?

Coaching utilization is increasing because it is a cost effective means of achieving phenomenal results for individuals, teams and businesses. Organizations are asking, "Can we afford *not* to use coaches?"

A study of Fortune 1000 companies reported the following benefits from the coaching they received:

- An increase in productivity (by 53%)
- Increased customer service (by 39%)
- Increased retention of senior people (by 32%)
- Reduction in costs (by 23%)
- Increased bottom line profitability (by 22%)

The *Xerox Corporation* found that the impact of using follow-up coaching after formal training gave a massive 87% increase in the effectiveness of training when compared to training alone. One executive coaching firm found that coaching programs delivered an average

return on investment of 5.7 times the initial investment in a typical executive coaching assignment.

Coaching has been so successful in the large corporations that it is now becoming more and more common in small companies, professional practices and start-ups.

What is it about coaching that's so powerful?

Are you aware of self-fulfilling prophecies? We all have them. We get trapped in our comfort zones and we don't know what we don't know. The old adage goes, "If you always think what you've always thought, you'll always get what you've always gotten." Or, in other words, "Insanity is doing the same thing over and over expecting a different result."

As a peak performance success coach, I help you challenge your own assumptions, see things from a different perspective, think outside your comfort zone. Then together we set goals for more productive behaviors and actions that will bring you better results. It's practice and application. Common sense dictates that people don't maintain the changes they make without practice and application. The coaching I offer is outcome based. You state your goals and we make them happen together. I hold you accountable for making progress.

Would this be a good gift for someone who is far away?

Absolutely, even if I am primarily located in the NY metropolitan area can have coaching sessions with people all over the world by phone-internet.

Eileen Lichtenstein
MS. Ed. Success and Peak
Performance
President Balance & PowerSM, Inc.
Find out more about more about Eileen's
coaching, trainings and testimonials:
www.balanceandpower.com
(516) 623-4353
eileen@balanceandpower.com
