

individual coaching

ONE-ON-ONE

For honest, courageous and committed people who believe in possibilities for their lives that are larger than their resignation—people who are willing to examine themselves and demand more. You will foster honest and effective communication that makes a difference with your family, friends and others.

You will have access to effectively producing results in relating to others, work and career, finance, health and vitality and following your dreams. In this program you will have a clear understanding of your life values and vision and demonstrate a higher level of self-expression.

HOW IT WORKS

This program contains four parts and each part is designed to prepare you for the next level. Each level will bring you to a whole new way of thinking and participating in your life. We engage in a rigorous conversation for empowering you in fulfilling your commitments and bringing forth your effectiveness in communicating with others. You also become related to the reality of your situation and resolve personal issues. We follow each of these conversations by a series of electronic communications and “fine tuning” coaching between sessions.

The four parts are as follows:

- **The Basic** (Relating to the reality of your world) 12 hours – 3 to 3-1/2 months program - 1 call a week
- **Advanced** (Inventing and planning your vision) 12 hours – 3-1/2 to 4-1/2 months program - 1 call a week
- **Masters – I** (Creating and building your mastery) 12 hours – 6 months program - 2 calls a month
- **Masters – II** (Maintaining your mastery and power) 12 hours – 12 months program - 1 call a month

BENEFITS

- Communicate without resistance.
- Move strategy into reality.
- Shift attitudes from apathy to ownership.
- Gain higher self-confidence and personal effectiveness in achieving your dreams.
- Shift the mindset from problems to solutions.
- Train to focus on and achieve your purpose and goals.

- Have a clear and workable structure for fulfilling your purpose, vision and goals.
- Understand your operational behaviors and reduce stress and resentment.
- Create and invent a new set of operational practices that allow you to pursue your goals and be effective.



27 North Main Street, Suite 202
Carbondale, Pennsylvania 18407
570-267-2406 • fax 570-300-2266
Info@PrimecoEducation.com
www.PrimecoEducation.com

