

Ask the Coach

Take the Coaching Quiz

- Do you have a dream that you've always wanted to pursue, but can't seem to make it happen?
- Do you have your perpetual struggles or conflicts at home or work?
- Are you dissatisfied with any area of your life?
- Do you have a clear picture of where you want to be in 5, 10, 15 years?
- Are you happy with your career goals?
- Are your personal relationships where you want them to be?
- Are you satisfied with your financial goals?
- Do you have any physical or health goals that you haven't reached yet?
- Do you want to find more meaning or spirituality in your life?
- Are you having a difficult time finding balance, happiness or peace of mind?

If you answered yes to any of the above questions, you may want to consider engaging a personal coach. A coach can help you put your challenges into perspective and give you the right amount of insight, motivation and encouragement to start taking effective action towards solving any problem or achieving any goal.

A Coach Can:

- ✓ Clarify the purpose, vision and goals for your life.
- ✓ Give you the tools to manage any life situation with confidence and peace of mind.
- ✓ Get you started and keep you on track with your goals.
- ✓ Keep you inspired and motivated
- ✓ Help you identify and break through limitations
- ✓ Help you unleash the power of your God-given creative ability
- ✓ Assist you in putting any life situation into its proper perspective
- ✓ Help you quickly recognize unhelpful patterns and give you the tools and encouragement to change your scripts.



"Life's challenges are not our problem—our problem is how we respond to them"
—Art Dwight

Call Art for a free 30-minute assessment. 904-885-2911 or art@onedecision.com

For more than 25 years, Art Dwight has been passionately devoted to the study and practical application of how we make decisions, a quest that inspired him to develop The Boomerang Principle® learning system. The author of *One Decision Can Change Everything*, Art has facilitated numerous organizations across several medium to large business sectors providing personal training to their employees and staff across all levels of management.



Art's thoughtful, humble and funny approach creates an environment where participants willingly make changes to improve their performance and their lives. A former associate publisher for Post Newsweek Media, Inc., a fortune 500 company, Art was the co-chairman of the New England Circulation Executives Training program. He has an MBA and is a certified facilitator for LifeSuccess Productions of Toronto, Canada. Art also developed and produced the Post Newsweek Media, Inc. sales training program.



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