

HEART & POWER CONNECTIONS

MY LIFE COACHING CONCEPT: What I Want for You

Hello! My name is Lois Gallo. I've benefited much from life coaching and mentoring. Now I'd like to pass that on to you!

My goal as a life coach and a Christian is to help the women God brings across my path to know and love Him more. That's the essence of living a successful life. Everything else flows out of the proper beliefs about yourself and God. Once you resolve that and add in the practical "real-life" mix of wisdom, you can move ahead fairly quickly and start feeling really great about your life.

When you know who God is and find out firsthand how much He really does love YOU, it changes your life forever. And as you learn more about who you *really* are and how God sees you, you'll begin to walk in love and in power. Then you'll be making a big difference in all the lives you touch without even trying! And you'll be passionately flowing in the natural gifts God has already given you!

But sometimes you need a hand to get to the point where everything about your life is really working well and you don't feel that you are in an uphill battle! Or perhaps you just need a little more support and encouragement along the way, or maybe some accountability, to keep you going where you know you should be going.

WHAT ARE YOU DOING WITH WHAT GOD HAS GIVEN YOU?

This all works out in the way you look at your life, your time, your health, your relationships, your talents, and even your environment. We are to be stewards of all God has given us. Everything is a gift from God. Will you be a faithful steward with all He has entrusted to you?

I know it's not easy to juggle everything we think we should be doing. But often times, having a coach along the way helps you see things in a different perspective and start simplifying your life to focus on the most important things. I believe that's one of the things Jesus was able to do for those around Him. When you catch a glimpse of eternal values, it's easier to sort through the "junk" in life to keep you focused on the most important areas.

If people have coaches to improve in sports, in music, or in business, why not have a coach to help you become your best self in all areas of life? Would you be willing to move a little bit out of your comfort zone - through tiny steps each week - in order to gain a new comfort level with your habit of being the best YOU that you can be?

It is through building new muscles of good habits and new ways of thinking that you become truly strong in the Lord. That is the tough & tender kind of love and power - the lasting kind that won't break! It's not the strong exterior with a crumbling inside that topples at the first major storm. It's not an "I Will Survive" strong-willed kind of strength - from a "setting your face to the wind," "gritting your teeth until you succeed on your own" kind of

survival. It is knowing your strengths and your weaknesses and running to the Rock of God's love & power. It is there He taps the rock and you drink deeply as needed from rivers of living water, flowing abundantly into your life. You THRIVE there, not just survive!

YOU ARE NOT ALONE!

What's the right next step for you? It may be one-on-one personal coaching with me or a coach on my team. Or it may mean joining a group coaching call each week is the right direction for you.

Let me help you work through the process by actually experiencing a personal coaching session to discuss what you need at this point. Together we'll come up with the right combination to suit your schedule, your budget and your goals. *This is a complimentary 30-minute coaching call.*

Email us today to schedule your session. Then get ready to accelerate your life to where you really want to be!

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For more information on Lois Gallo and life coaching, visit www.Real-Life-Institute.com