

Now you can get the help, focus, guidance, support, & motivation you need.

With a trained, certified, Life Coach.



Right now you can receive a free consultation with a Certified Life Coach.

To schedule your free consultation, call or e-mail today.

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Could you use
some help?



Find out what a
Certified Life Coach
can do for you!

When was the last time you had someone focus *entirely* on you - to help you get what you *really* want?

A professional Life Coach will help you reach your goals - in every area of your life.

And you can try it for free.

Read these 6 questions, and find out what a Life Coach can do for you.

1. What is a Life Coach?

A Certified Life Coach helps you find focus, identify your goals, track your progress, and stay motivated along the way.

A Life Coach helps keep you on track - not just with your long-range goals, but with your monthly, weekly, and daily goals.

2. Why are so many people now using professional Life Coaches?

When you have a professionally trained Life Coach working with you, you have a trained support coach - someone who knows what to do, knows how to guide you - and stays with you, helping you get through the obstacles, and reach your goals.

Your Life Coach is a mentor, a guide, and a motivator - giving you objective feedback, encouragement, and non-stop support.

3. What are the benefits you'll get from working with a professional Life Coach?

-- You'll have a trained professional focusing completely on you - and what you want to achieve.

-- You'll have help identifying what you really want, in every important area of your life, and you'll have help getting it.

-- You'll get help and assistance, not just now and then - you'll have help week after week.

-- You'll have help finding your focus, creating the right attitude and the right actions, overcoming obstacles, tracking your progress, and staying motivated!

4. How does Life Coaching work?

You'll meet once a week, by phone, for a one-on-one conference - usually from 20-45 minutes a session. In each phone conference, you'll plan and review, together, each of your "focus goals" and action areas.

In each session, you'll also receive support and guidance in creating the right attitudes and motivation in the areas that you want to work on most.

In addition to the weekly phone conferences, you'll also communicate by e-mail - so you'll have help and support throughout the week.

5. What area does a Life Coach focus on each week to help you most?

Along with defining, setting, and tracking your goals, you will focus on every important aspect of your attitudes and actions that determine your success - in each area of interest in your life.

Job & Career

Personal Growth

Money & Finances

Self-Esteem

Personal Relationships

Health & Fitness

Personal Organization

Quality of Life

Every Life Coaching session is carefully structured to make the session easy and enjoyable, while at the same time guiding you, step by step, toward the practical achievement of each of your goals.

6. How can you try Life Coaching - and find out if it works for you?

Here's how: Sign up now for a free Life Coach consultation. There's no cost, and no obligation. Just call, or send an e-mail to set up a free Life Coach telephone conference. You'll be amazed at the results from even one session. And it's free! Call or e-mail today!

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