



INNER COACHING

#I♥MyLife Mastermind & Private Coaching Programme

Loving your life is not easy in today's stressful time. Making the changes you need to make can be daunting, and sometimes you don't even know where to begin.

And if you do make a start, too often you get going and then hit a wall, lose momentum, and the frustration and busy-ness of life get in way of you enjoying the journey and growing into the person you want to be.

In this 3 to 4 month programme, I, as your transformational personal coach with a track record that spans over a decade, will keep you focused and on track, and provide a structured and fun process for gaining momentum and following through! And we'll have you loving your life (even with its challenges) in no time!

The 3 Mastermind Group sessions will help you learn the four building blocks for a strong foundation in life that will help you handle your own emotions, have a strong self esteem, manage relationships well and improve communication. And you'll have the benefits of the group knowledge to tap into as well!

We'll also be looking in the 3 private sessions at all the important areas of your life so that you make the unique changes you need to, develop the areas you want to, and leave the programme with a 5 year life plan and strong decisions made!

This is your opportunity to develop a life you will LOVE!

You'll receive:

- 12 Hours of private one-on-one coaching and mastermind and training sessions
- An exciting manual and lots of articles and videos for learning and inspiration
- Unlimited support by email and phone
- Accountability structures to keep you on track
- Measurable results

Join me and your Mastermind Group and create the life you love so you can be your best you possible! Life is short, so only you can make it a life you will love, and I can show you how!

Signup now for an **exploratory Readiness Session** (1.5 hours for R360) to work out that this is the right programme for you. More info here: <http://bit.ly/loveyourlifecoaching>

The bad news is time flies. The good news is you're the pilot." - Michael Altshuler

Telana Simpson – Communication and Relationship Coach

(t) +27 11 706 6873 (c) +27 83 730 2979 (e) info@innercoaching.co.za www.innercoaching.co.za

What do people who LOVE their lives do differently?

[Paul Hudson](#) wrote a great article about the people who love their lives. He believes that these are the qualities they develop and the way they live their lives.

- "They don't bother trying to make others like them — mainly because they don't care if they're liked.
- They do things because they want to do them, not because they believe they have to do them.
- They love their friends but don't rely on them.
- When you ask them what they do, they don't give you a job title.
- When you ask them where they live, they say, "At the moment..."
- They have their own philosophies, their own religion they created and live by.
- They embrace their impermanence.
- They see the world as their playhouse and their mind as the conductor.
- They live in the moment, but dream in the future.
- They don't bother changing others, but instead learn how to deal with them appropriately."

I think he's spot on, and these are some of the attitudes, disciplines, intentions and ways of being that I would like to be helping you develop in your life!