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Spiritual Wellness

Travel through life by coach

Whether or not we know it, there is usually something in our life that just isn't working. It's not until we notice how unhappy or overwhelmed we feel, do we begin to ask the difficult question, "How can I make my life better?"

Meet **Sue McMahon**, a professional life coach. Simply put, life coaching is a profession of personal growth and self-improvement. McMahon believes that feeling stuck in the patterns of our life is often the result of living from a level of 'unconsciousness', consistently making significant life choices from a place of limiting beliefs and old habits.

McMahon, certified by the International Coach Federation, works with her clients using powerful questions to uncover core values and beliefs that keep them from reaching

their full potential, helping people to find exactly what isn't working in their life. Sue challenges, supports and encourages her clients, enhancing skills and resources that each client already has within them.

As a coach, she brings new awareness, perspectives, and choices to the client's life. The client is then held accountable to taking action for what they truly desire, often taking one step at a time.

Life coaching is different from therapy.

Individuals often seek psychotherapy for the stress created by workplace and lifestyle issues; however, coaching assumes that the client does not need to be

"fixed" or "cured". The client is seen as inherently creative, resourceful, and whole. Coaching provides an ongoing partnership whereby the coach is seen as the expert in change and the client as the one who has the expertise in their life.



Working with a life coach is an effective, proven method of producing less stress, increased productivity, achievement of relevant goals, and a much more enjoyable personal and professional life.

For a free complimentary session with Coach Sue, call **419.472.9967**. Visit www.livingfromtheheart.info.