

LIFE COACHING

WHAT IS IT?

Is life coaching like sports coaching? Does Annie come to your house and act like Bobby Knight, running amuck in your back yard, throwing chairs, and cursing like a sailor? Most certainly not. It is a dynamic, action-oriented partnership focusing on the future. Her enthusiastic support and feedback provide the atmosphere in which you more easily and gracefully define and manifest your desires. By setting small, measureable goals, you step by step accomplish the results you seek. She keeps you on track, focused, committed, and clear about your direction. You are accountable to her for your progress. With Annie, you celebrate your successes and generate solutions to the obstacles in your path.

ANNIE'S PHILOSOPHY:

Her coaching philosophy jives completely with that of coach Sally Ann Law: "Personal experience and social science research have shown that people are the sum of their genes, their cumulative experiences and the circumstances in which they live their lives. I believe, therefore, that successful coaching has to be based on an understanding of all these factors and not just focus on superficial behaviours. For me, then, effective, authentic coaching is based on the following five principles:

1. a shared feeling of trust and empathy between client and coach
2. a relationship of equality between client and coach
3. a desire on the client's part to focus on the future, while acknowledging the effects of the past
4. a willingness by the client to work through challenging issues towards empowerment, self-confidence and a happier, more productive life; and
5. a belief in people's ability to accept themselves and yet make changes that will improve their lives."

No one can change you except you. Annie doesn't have the Holy Grail or some such other mythical appliance that she can wave in your direction, then---POOF! Instant change. You have to do it the same as everyone else, except your life improves more quickly and with more fun when you work with Annie.

WHY WORK WITH A COACH?

Clients seek support because they are:

Overwhelmed by enormity of tasks required to improve life

Afraid of change, but willing to confront that fear

Not really sure what they want to do, but know something needs to be different

BENEFITS OF COACHING:

Only set goals for what you truly want

Receive support, encouragement, and feedback—have your own personal cheerleader

Reach goals much quicker with less frustration by focusing on consistent action

Easy and convenient to fit into any schedule since sessions can be conducted by phone or computer (though Annie prefers in person). Sessions can also take place while strolling around the beautiful Butler campus—get some exercise also!

WHO WORKS WITH A LIFE COACH?

Personal life coaching is for people who are:

Currently mentally healthy and want a better life

Willing to examine what matters to them even when it's hard

Ready to tackle any challenge standing in the way of their success

Able to take responsibility for themselves and their happiness

Feel that spending money on improving the quality of their life is an investment

WHAT TOPICS DO YOU COACH ABOUT?

Some general ones are:

Time management

Spiritual growth

Relationships

Decision-making skills

Stress management

Sexuality, including sexual orientation, gender identity, and coming out to family and friends

Work-life balance

ANNIE'S COACHING PASSION

When she was 24, Annie's beloved grandmother Joy died. To fill the void caused by this loss, she ate and drank everything that sat still long enough for her to shovel it into her mouth. She soon gained weight and was traveling on a sugar coated trip to the land of Morbid Obesity. When she could no longer deny how physically uncomfortable she felt with all the extra padding, she decided to quit smoking and lose the weight. Annie has permanently lost approximately 30- 40 lbs. and ditched the cigarettes. As she ages, Annie feels friskier than ever.

Maintaining a healthy weight and attitude toward her body is the best gift Annie ever gave herself. You too can accomplish permanent weight loss when you partner with her and:

Learn what nutrients you need daily to feel zesty and energetic

Discover how to feed your body rather than your emotions

Find ways to exercise and enjoy it

Ditch the dirty word "diet" and instead embrace "moderation"

Appreciate your body rather than try to torment yourself into our society's ridiculous notion of what you "should" look like

As a vegetarian, she is more than happy to introduce others to this healthier, kinder, and more environmentally conscious way of life.

"Annie has been very helpful as I have confronted obstacles as I reach my goals. She doesn't judge me for not handling things incorrectly, or tell me what to do. Instead, she listens patiently and then makes informed suggestions that help me to figure out what is the best way to achieve a positive outcome. Her patience and spiritual nature enhance her positive attitude and terrific sense of humor. I'm very thankful to know Annie and to have received her thoughtful, helpful insight. Indeed, she has helped me to change my life for the better".

Jill, author, life coaching client

LIFE COACHING FAQs

What is a session like?

Each session begins the same: Annie asks you what you will accomplish in the next hour. That sets the tone for the beginning of the conversation. Then she asks questions to facilitate the accomplishment of your session's goal and requests a progress report on actions that you agreed to take in the previous session.

How do I know what I need to be coached about if I don't know particularly what is wrong with my life?

If you don't have a specific issue to address, Annie conducts an evaluation of each of the following different areas of your life: career, health, intimate relationships, fun and recreation, money, friendships, family, personal growth, spirituality, physical environment, and creative expression. Discussing these aspects of your life will show you exactly where you need to focus energy.

Is life coaching the same as psychotherapy or mental health counseling?

Not at all. Annie assists clients in taking specific actions to have the life they want, not worrying so much about the past. She does believe, however, that your past conditioning may contribute to your current challenges. Annie helps you to reprogram your own internal voice so that the messages you give yourself are beneficial and productive; thus, at times it is useful to see what messages from the past you are listening to. Primarily, though, she helps clients create and maintain a positive outlook on life and themselves so they can more easily achieve their desires. If you have major depression, bipolar disorder, or any other DSM diagnosis and are suffering symptoms, Annie will refer you to the appropriate professional resources. She does have a Master's degree in social work, but no longer counsels individuals with psychiatric symptoms.

What kinds of coaching do you offer?

Only coaching that helps clients with their personal life. She refers out for business coaching.

What are typical coaching assignments with Annie?

You will usually have some sort of activity to complete prior to the next session that will facilitate your progress. Usually it consists of journaling, drawing pictures, meditation—anything to help the client achieve goals.

Is there a contract to sign?

The only contract Annie uses is a symbolic one in which you contract with yourself to give 100% to your coaching experience. You may leave coaching at any time you feel you aren't benefiting, but Annie asks that you discuss this with her prior to no longer scheduling sessions. She may be able to refer you to someone who serves your needs. Conversely, if Annie feels you aren't getting what you need with her, she will refer you to others who may be a better fit.

What do I need to do to prepare myself for coaching?

Be ready to budget your time effectively so that you can accomplish your coaching sessions and associated activities.

What qualifies Annie to help clients lose weight?

Annie learned much along her journey from being a sugar-addicted, junk food inhaling individual to being a healthy vegetarian by reading many well-researched books. In addition to her own experiences overcoming dysfunctional eating, Annie worked as a weight loss counselor. She also conducted research about sugar addiction during her graduate studies.

How does weight loss coaching work?

Annie helps by supporting you in changing unproductive eating and exercise habits. She begins by finding out about your weight and health history. She provides resources to give you correct information about nutrition so you have a base line knowledge of the nutrients you need daily. If you have any health conditions such as diabetes or high blood pressure, Annie asks that you seek the advice of a registered dietician to find out what you need to eat. You will write down what you eat daily, along with other information such as how you felt when you ate, time of day, etc. Each week you will discuss your progress, and Annie will help you find the best solutions to your weight loss challenges. The goal of weight loss coaching is to be healthy, energetic and enjoy life. It is not look perfect or strive to reach a certain number on the scale.

What are the fees and conditions for life coaching?

Payment is due at the time of the session. You may also prepay for the month. If sending a check in the mail, the next session will be rescheduled if payment isn't received prior to it unless other arrangements have been made. All appointments need to be cancelled 24 hours in advance. If you cancel with less than a 24 hour notice, and Annie can't fill your time slot with another client, you will be charged for the missed session (except in case of emergencies). It is expected that you will call and arrive for appointments on time.

"Sometimes life gets hectic and we can't see the forest for the trees. Annie has great insight and gave me practical, common sense advice that allowed me to step back to see the bigger picture. It's amazing how small life changes can have a big impact. Annie's caring nature and passion to help you become a better you is evident the first time you meet her. Thanks, Annie."

Victoria, credit specialist

QUIZ-WOULD I BENEFIT FROM LIFE COACHING?

Answer yes or no to the following questions:

I want to make positive changes in my life.

I want more out of life.

I am ready to invest the time, money, and effort into improving my life.

I know I need help and support to move forward.

I am ready to take 100% responsibility for my actions and myself.

My basic needs are always met, and my life isn't in "crisis mode". I do feel, however, that I am selling myself short and settling for less in my current lifestyle.

My decisions are mostly based on responsibilities and expectations of others.

Overall, life feels ok, but rather empty.

I don't know what my purpose in life is, and I want to discover it.

I deserve to grow as a human being.

The more you answered yes to the questions, the more you are ready for coaching. Annie offers a complimentary 30 minute consultation so you can explore more about life coaching and how it will benefit you.

LIFE COACHING ARTICLE

Annie's 4 Questions for Permanent Weight Loss

Consider the 4 following questions on a daily basis:

HOW do I eat? Believe it or not, the manner in which food is placed into your mouth has much to do with permanent weight loss. Do you mindlessly shovel large, heaping forkfuls of food into your mouth? With our busy lifestyles, it is easy to eat this way. If this is a problem for you, there are solutions. One is putting the fork or spoon down onto the table between each bite, and consciously chewing the food in your mouth. Another is using chopsticks for eating when the type of food will allow. You can also buy the small utensils that toddlers learn to eat with, and use these instead of adult size silverware. Buying smaller bowls and plates will help since you can control portion size more easily.

WHAT do I eat? Do you know how many servings of each food group you need, and what a serving size actually is? Even if you think you know, I would highly recommend reviewing this because it is easy to forget as time passes. For vegetarians, I suggest reading *Vegetarian* by Nicola Graimes. Vegans will love *The Complete Idiot's Guide to Vegan Living* by Beverly Lynn Bennett and Ray Sammartano. If you eat meat and dairy, I suggest *The Complete Idiot's Guide to Nutrition* by Joy Bauer. Even spending a few brief moments with these books can pay off in pounds lost. Also, it is incredibly vital that you listen to what your body needs. Not your mouth, not your emotions, but your body. Practice will make this activity perfect.

WHERE do I eat? Eat sitting at a table without TV , computer or reading material. Being highly mindful of each bite, savoring it, noticing the textures and nuances, will help you to eat less because you will be more satisfied. If possible, eat inside the restaurant if you have to have fast food. Eating while driving not only makes it easier to have a car accident, but also an eating accident—accidentally eating more than you need!

WHEN do I eat? People who eat breakfast fare better in their weight loss than those who don't. Eating more earlier in the day and making your evening meal the lightest promotes weight loss and better energy levels. Eating small amounts every 3 to 4 hours also helps the body burn fat more efficiently and stabilizes blood sugar.

WHY do I eat? Emotional eating is as natural to most of us as breathing. Learning to process emotions, rather than stuffing them with food, leads to both a healthier body and mind. The acronym HALT is useful for challenging the urge to eat emotionally:

H=hungry—we finally eat when we are so hungry that we inhale our food, never stopping until we feel stuffed. Eating every few hours controls this.

A=angry—we eat to deal with anger. Instead of eating, walk around the block, journal, talk to a friend....these are just a few options to process anger instead of eat it.

L=lonely—we eat because we need companionship and a hug. Good time management skills will allow you to spend quality time with family and friends so that your need for human contact is met.

T=tired—exhaustion plays a key role in overeating. Research has demonstrated that the less sleep you have, the more you eat. Addressing sleep issues and ensuring adequate rest will result in correct eating. If you are tired, find some way to get more sleep.