

PERSONAL COACHING

WITH SHERI LYNN



Personal Coaching Builds Congruency

Our level of personal congruency determines our success. Congruency means that what we feel, what we think, what we say, and what we do all match. Many of us are not congruent in our living, and this does not allow us to *be who we really are*.

I am the founder of a successful health-based fat loss consulting company, **Genesis Transformation**. I have been coaching clients in all aspects of health, fitness, life transformation, addiction and living skills for over 20 years.

My personal integrity demands that I ‘walk the talk’ and my clients feel this when I work with them.

In coaching my approach is direct, intuitive, intensive and compassionate.

sherilynnpersonalcoaching.com

POSSIBILITIES:

- balance all aspects of your life
- become self-empowered
- effectively build your confidence
- grounding through the grieving process
- take key steps to building self-esteem
- remove barriers to transformation and change
- learn to slow down and enjoy your life
- help along the road to success
- make positive changes for your health
- address self-imposed limitations
- deal with addiction
- reinforce relationships
- change your life in ways you’ve not considered

DETAILS:

Coaching is by phone on a one time, monthly, bi-weekly or weekly basis dependent on need.

Sessions are one hour and include assignments for furthering your work on your own time.

COST: \$135/hr

TO SCHEDULE:

sheri@genesistransformation.com

OR

www.sherilynnpersonalcoaching.com
