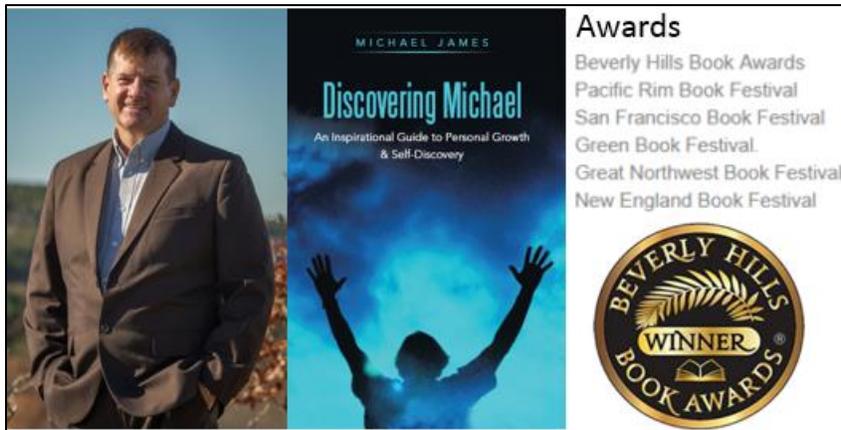


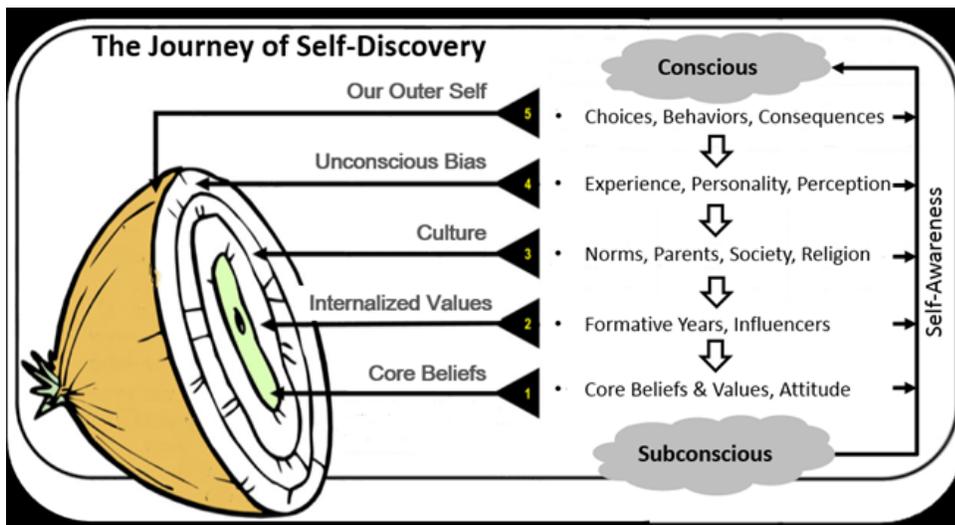
ABOUT LIFE COACHING

"One of my passions in life is on the topic of Personal Growth & Self-Discovery, which is the basis for my Life Coaching work. Overcoming adversity and struggle is common for many, as it was for myself. After making significant strides in my own life, part of my life's mission and purpose is to help others who are interested in; dealing with their past and the unhealthy beliefs that were formed, finding greater levels of happiness, meaning and fulfillment in their life, making sense of life, and discovering their full potential.



It was a real honor to have a book published on this topic by a major publisher in this genre, titled, "Discovering Michael: An Inspirational Guide to Personal Growth & Self-Discovery". This book is the basis for a lot of my life coaching work along with several talks I provide.

Life coaching begins by understand what we are experiencing in life today. There are the elements that result in greater levels of contentment, joy, love, happiness, and those that produce the opposite (unhappiness, fear, guilt, stress, etc.). A person who is typically interested in life coaching recognizes that there are aspects of their life that are not going well and want to change these outcomes.



The process is analogous to peeling an onion. We are made up of numerous layers of self, ranging from what we are conscious (aware) of, to areas that lie deep within our psyche (subconscious). For most of us, we developed unhealthy beliefs during our formative years that resulted in us believing that we are less than what we should be (low self-esteem, self-image).

The work is identifying our negative consequences and learning how to change our unhealthy beliefs into healthy beliefs.

Sometimes the work that is required to make these changes requires more professional help (e.g. counseling, therapy). I am not a professional counselor or therapist, but I would help you to understand when and if this is suggested.

In other cases, the client has deeper questions about life, its meaning, their purpose, etc. The image below differentiates this work as Self-Discovering and Enlightenment.

