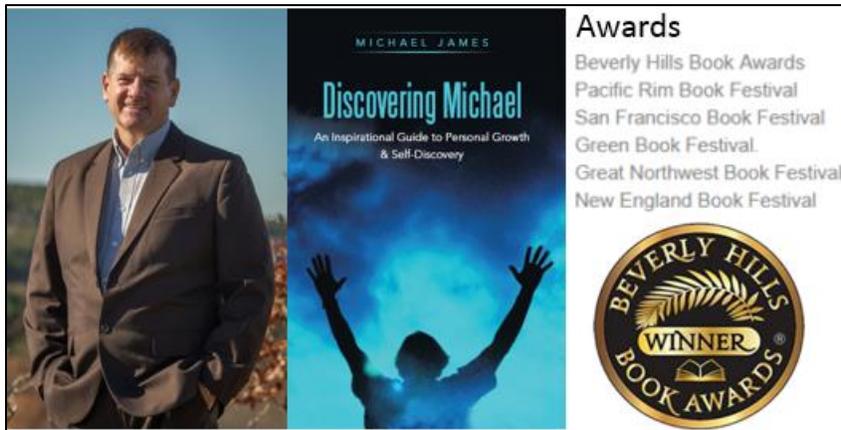


## ABOUT LIFE COACHING

"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 understanding what we are seeking along with what we are experiencing in life today. There are a variety of reason(s) that individuals seek a Life Coach. Common examples are listed to the right.

The initial challenge is often clarifying what we want. For example, we want to increase our levels of happiness, but do not know what this means? This is the process of discovery, beginning with understanding what we want.

This is followed by identifying actions we can take to achieve what we want. The goal in Life Coaching is to help you identify and do the work, while I act as the guide on the side.

### We Want To...

1. Find love & happiness?
2. Find meaning & purpose?
3. Overcome past trauma?
4. Stop the pain & struggle?
5. Learn how to love self?
6. Develop a sense of community?
7. Acquire new knowledge?

### We Want To Answer Deep & Profound Questions...

8. Who Am I?
9. Why Do I Feel So; Alone? Lost? Scared? Different?
10. Why am I here? What is my purpose?
11. What does happiness & success mean to me?

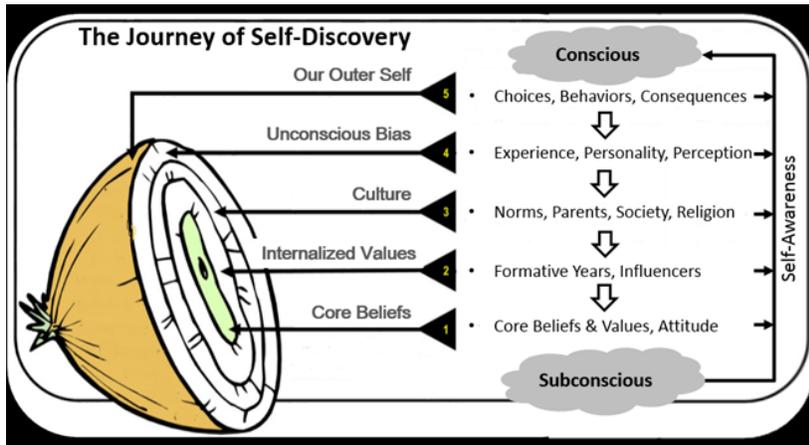
### We Want To Grow & Become Our Full Potential...

12. Spiritually?
13. Personally?
14. Self-Actualize?



Disclaimer: We are not, nor are we holding ourselves out to be a doctor/physician, nurse, physician's assistant, or any other medical professional ("Medical Provider"). We are not, nor are we holding ourselves to be your psychologist, psychiatrist, psychotherapist, or social worker ("Mental Health Provider"). Our blog, presentations and website include[s] information and ideas relating to the topic of personal growth and self-discovery ("Our Content"). You acknowledge and agree that the following warnings and disclaimers shall apply to all Our Content.

I strongly recommend that you consult with a physician and/or Mental Health Provider as you encounter any periods of pain, anger, depression, suicidal thoughts, or other medical or psychological challenges.



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).

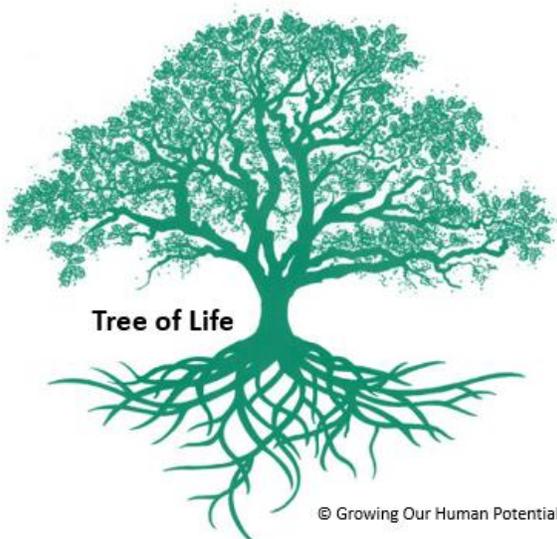
The work is identifying our negative consequences and learning how to change our unhealthy beliefs into

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 these options.

I developed the framework below which provides an overview of the stages of personal growth and self-discovery. One can go as far as they want, and ultimately towards enlightenment where they discover their connection to the beyond.

**THE JOURNEY OF PERSONAL GROWTH AND SELF-DISCOVERY**



**BE SURE TO CHECK OUT THE VIDEO ON THE HOME PAGE – “THE JOURNEY OF SELF-DISCOVERY – A PRIMER”**