



Michelle Freedman

Empowerment Coach

Make Yourself a Priority

Life Coaching

- Taking a goal, dream or idea and turning it into a reality
- Guiding, supporting, encouraging and empowering the client
- We explore the various possibilities, is it realistic, viable, attainable, time frame



What is Coaching?

- Coaching is looking at the problem now, if necessary doing a little exploration into the past, in order to understand how to move into the future



Case Study #1

- **Diana – retiring**
 - Afraid of the future, no boundaries with her children, no hobbies or interests



What did our sessions involve?

- Together we explored why I felt the way I did and then once I had the understanding we worked on how my retirement would look like
- Michelle has a wealth of knowledge and gave me some tools I will be able to use in any situation



What is Michelle like as a coach?

- Michelle is authentic and shows up in her work
- She is very open and warm as a person. It helps the relationship - you really feel like she cares.
- She is committed to helping people through their coaching journey and that gives you the confidence to trust and go with it



Case #2

- **Sally** – divorced
 - No self esteem, lacking confidence, lonely, holidays coming up, total lack of self-care



What did our sessions involve?

- Explored things she liked / good at to do, - plan
- How to move herself forward
- Worked out how to live her life with intention and planning



How did you feel about the coaching process?

- Right from the outset Michelle made me feel heard and understood
- I felt that I really had a partner by my side the entire journey
- She is totally non judgemental and this allowed me to be me and even discover things about myself, which were completely new! I loved this



Would you recommend coaching to others?

- Most definitely! Knowing that I wasn't going to be spending months talking about my ex and my "failure" of my broken marriage was a huge relief
- I found the coaching process incredibly thought provoking and that I wasn't left to work out a plan of action on my own. That was vital for me. I had someone supporting, challenging and holding me accountable



Would you recommend coaching to others?

- Michelle's coaching was very clear, she understood how I learn and then provided me with the skills, tools I needed. I feel so empowered to take on the future with confidence now. I know that I can always have a check in with Michelle, if I ever need it too



Coaching Tips

- ***Be open minded:*** There are many opportunities out there
- ***If you have a decision to make:*** Ask yourself questions, be aware of your emotions and how your body is reacting. Your intuition is telling you something too.
- ***Set intentions:*** Start each day with intentions. The more you plan, are organized and have systems in place the more productive you will be and still have time for the fun things too.
- Remember when you **say No** to others you are saying **Yes** to you.
- **You can't give from an empty cup:** Take time for yourself too.



My Other Programs

- Steel Sisters Group

- 375 members

- Interview once a month

- Interactive evening with guest speaker once a month

- Face to face activities in the pipeline



My Other Programs

- Coaching : 1 on 1
- Group Coaching
- Workshops – visualization board
- Retirement planning



Thank you for listening

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