



# Life Focusing™

Reinvent Your Life & Work

*Life Focusing™ can be conducted either in person or by phone and fax / e-mail.*

## **Session #1 ➔ Orientation**

Discuss individual priorities and desired results...Personal history taken...Process and steps thoroughly explained...100 page notebook issued including process, Focusing tests and questionnaires to be completed at home...All your questions addressed so you can BEGIN TO FEEL BETTER NOW!

## **Session #2 & #3 ➔ Focusing Intensive**

*(Sessions done together if in person; separately if by phone)*

One on one consultation...Evaluation of completed questionnaires to explore who you really are, not who others would like you to be...Define natural gifts, talents and abilities...Uncover self-defeating patterns and find what blocks you from claiming it all right now...Unleash creativity...Awaken your spirit... Embrace a new focus and direction...Develop resources and support to enable you to be the passionate, expressive, successful person you were meant to be.

## **Session #4 & #5 ➔ Follow-Up / Coaching**

Uncover what's stopping you...identify self-defeating patterns and core beliefs ...explore alternate behaviors...develop resources and strategies for creating life and work that is passionate, purposeful and free! Ongoing coaching, support and goal setting to maintain momentum. *(Resume can be included if needed.)*

**Call for your appointment today!**

**(310) 378-4417**

Fax: (310) 378-4417 E-Mail: [Mail@L-CC.com](mailto:Mail@L-CC.com)

[www.L-CC.com](http://www.L-CC.com)

### **Additional Life & Career Clinic Resources and Services for Support...**

Networking ♦ Support Teams ♦ Resume Service ♦ Interview Preparation ♦ Individual Consultation ♦ Company Programs, Workshops and Seminars Also Available