

“Nothing is so powerful as an insight into human nature...What compulsions drive a man, what instincts dominate his action...If you know these things about a man you can touch him at the core of his being.”

-William Bernbath (1911-1982)

Have you ever explored your competencies and accomplishments, ever stopped to acknowledge what an amazing gift you have to offer people, and just how unique you are? Or have you spent most of your time thinking negative thoughts, locked into points of view that limit you? If so, you are no different than most people. It takes years to accumulate extraordinary amounts of self-limiting beliefs which pile up and determine what you think is possible. It takes a very short time, working with an enabler, to change your mind!

Personal power comes from knowing yourself – your values, your behavior, your gifts and the value you have to bring to others. Knowing your strengths, your talents, and your passion will allow you to see that there are some things that you really want to include in your life (they are right for you), and others you absolutely want to eliminate from your life because they no longer work for you. You will have the power to take charge and make any changes that are called for. In this work you will learn about:

- Your values and behavioral style
- Your areas of excellence
- Your personal strengths/competencies/skills
- Your life purpose, your personal mission and your vision

You will design and create a vision board that calls for certain actions – and you will be ready to do just that. Setting goals and setting up a support team to help you in the fulfillment of these goals will be an exciting and rewarding adventure.

You will learn to:

- Communicate more effectively
- Resolve long-standing grievances and eliminate grudges
- Enhance relationships that are important to you
- Complete relationships that no longer work for you

In a matter of weeks, you will have a significant increase in self-confidence, have more personal power than you ever had before and you will know how special you are.

Life is all about choices. Every situation offers you a choice. You choose how you react, how people affect your mood, and you choose the actions you will take. It may not seem that way at first, but think about it. At every moment you have the power to choose how you will live your life.

Contact Us by **phone** or **email** if you would like to discuss **Personal Power Coaching**.

Our **Power Bytes™** have been specifically designed to support you in the amazing and exciting discovery of yourself. If you're ready to take your life to the next step, click on **Power Bytes™** and you will receive useful information, inspiring stories, and creative ideas monthly. You will receive updates on upcoming events, Teleconferences, as well as special discounts on recommended publications and live events in your area.

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