



Barbra's passion is coaching willing clients as they embark on a journey of living their dreams and creating a joyful life — both personally and professionally.

Barbra's professional

background includes over twenty years as a consultant in management, sales, and organizational development.

Her expertise has been enlisted by corporations, executives and entrepreneurs for strategic planning, sales and motivation, executive recruitment, and goal attainment, as well as working with private clients in personal development. Barbra has utilized her background as a communications specialist, consultant and NLP Practitioner to assist attorneys with jury selection and case development.

In addition to her professional expertise, she also brings to her clients the value she has received from her life experiences as a life-time learner, spiritual mentor, parent, volunteer and friend.

Barbra knows personally the experience of moving beyond a life of survival into one of THRIVAL — through the life experiences of divorce, career changes, and other mid-life re-directions.

---

**Barbra DeVore**  
**636-519-7110**  
**CoachBarbra@charter.net**

---

**Barbra DeVore**  
**636-519-7110**  
**CoachBarbra@charter.net**

**DeVore**  
LIFE COACHING

**DeVore**  
LIFE COACHING

---

*"What is the one thing I'm not doing right now - that if I were, would make the biggest difference?"*  
*- Stephen Covey*

---

## What is Life Coaching?

- ✓ *Life Coaching successfully helps individuals and businesses raise productivity, enhance relationships, increase income, and achieve goals.*
- ✓ *Life Coaching is a professional service providing clients with feedback, insights and direction from the vantage point of the objective observer.*
- ✓ *Life Coaching unleashes your aspirations to move beyond where you are now and maximize results.*
- ✓ *Life Coaching helps you live an extraordinary life.*

Through the coaching process, we explore what may not be working well in your life — and what you want to alter — leading you to greater life fulfillment.

### Coaching vs. Therapy vs. Consulting . . .

- **Life Coaching** focuses on the present and future.
- **Therapy** deals with the past.
- **Consulting** is about advising and giving answers.

Together we will set up a realistic plan with weekly goals and strategies to hasten you toward your ideal life.

Your personalized Life Coaching strategies combine your goals, dreams, commitment and focused action — resulting in greater balance, joy, intimacy, energy, financial abundance, and accountability in every area of your life.

### Who Benefits from Coaching?

Life Coaching benefits individuals who are ready to move into a life of “thrival”.

Small business owners, individuals in transition (i.e. career, relationship, divorce, empty-nesters, mid-life changes), housewives, managers, sales representatives, professionals, creative people, retirees — anyone wanting to live their lives more fully and effectively will benefit from using a Life Coach.

## Are You Ready to...

- . . . live your life purposefully?
- . . . grow your business?
- . . . excel in your job and/or increase sales?
- . . . have organization and productivity in your life?
- . . . have more of “\_\_\_\_\_”? (fill-in-the-blank)
- . . . become clear on what is really important to you?
- . . . focus and take action?
- . . . achieve your goals faster?
- . . . move out of boredom into excitement?
- . . . find out what is missing in your life?
- . . . realize your full potential?
- . . . experience the profound power of Life Coaching?

## You Can Look Forward to...

- . . . creating the life you want to live.
- . . . balancing the demands on your time and energy.
- . . . feeling energized as you take action.
- . . . amplifying your productivity and income.
- . . . increasing your personal effectiveness.
- . . . setting firm, realistic boundaries.
- . . . releasing your stressors, tolerations and “shoulds”.
- . . . moving beyond obstacles, procrastination and fear.
- . . . erasing the pattern of “settling for less”.
- . . . focusing upon – and expanding – what is working.
- . . . developing greater self-management skills.
- . . . experiencing a heightened sense of self worth.

## My Commitment to YOU...

Although you are the only one who can take the actions necessary to achieve the results you desire, I am committed to joining you on your journey, and I am committed to you and your success.

- ✓ *I commit to working in tandem to illuminate new possibilities and alternatives for your life goals.*
- ✓ *I commit to honoring you and our communications, keeping all information in absolute confidence.*
- ✓ *I commit to supporting you as you more rapidly reveal and surpass your goals.*
- ✓ *I commit to offering you tools for maximizing your potential.*
- ✓ *I commit to encouraging you in every area of your life as you create new possibilities.*
- ✓ *I commit to an open-ended relationship, evolving and changing through two-way feedback.*
- ✓ *I commit to serving as your collaborator, trainer, and sounding board for manifesting the life you desire and deserve.*

**In partnership, with determination and follow-through, we will create powerful results.**

**You CAN have the life you want!**

**Barbra DeVore**  
**636-519-7110**  
**CoachBarbra@charter.net**

---

*“The future depends on what we do in the present.”*

---