

## Coaching: a path to creating vision, internal change, harmony and success

People talk about empowerment, living your purpose, personal growth, emotional intelligence, having a mission/vision, professional development, self-awareness, interpersonal skills and you come to understand that we are all questing for a level of transcendence. We want to rise above, go beyond, and surpass our self-imposed limitations. This thing in us to improve and to seek a balance in our lives is, I believe, is the need to self-actualize, to achieve a level of harmony between our body, our mind, our spirit .

As you examine your life, you pay attention to how you speak; the quality of your thoughts; you reflect on actions taken. With this self-knowledge, you shape who you are, gaining mastery through the process. Life is the journey and the self-knowledge you gain is how well you have traveled.

Coaching is that relationship which provides a setting for an individual to strengthen his/her personal foundation, and allow for things to change internally. In so doing, a person becomes empowered to create their own vision and define goals that are true to their vision.

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