

Your company can be in status quo or even stuck ... that is why you will seriously want to consider the opportunity to unlock all kinds of potential for growth, development, and much more!

You deserve progress, renovation of thinking, better teamwork and people working at the optimum of their potential, creativity and dedication level! You deserve Business Life Coaching!

Why Business Life Coaching? Outcomes:

- Reduced stress and burnout among staff
- Increased comradery and value of team members
- Improved focus and productivity, through various tools and techniques
- Enhanced communication and teamwork
- Better customer service outcomes.

Business life coaching is a unique form of coaching that combines elements of both life coaching and business coaching. Our focus is to help individuals achieve personal and professional growth. In our practice, we rotate sessions of personal growth and development, alternating with business coaching sessions.

Some of the outcomes you can expect to achieve are better employee performance, better decision-making by all, better teamwork, better levels of customer service, burnout prevention, and a healthier and more productive organizational culture.

YOUR RECOMMENDED PROGRAM:

- Session One: Purpose and Customer Service 1
- Session Two: Ten Major Steps to a Vibrant Life
- Session Three: Make Health your Hobby
- Session Four: Why Embrace Confusion?
- Session Five: Purpose and Customer Service 2
- Session Six: What Drives You?
- Session Seven: Your Emotional Wealth
- Session Eight: Purpose and Customer Service 3
- Session Nine: The Serious Benefits of Belly Laughs
- Session Ten: Goals for Healthy Aging
- Session Eleven: Conflict Resolution Techniques
- Session Twelve: Conflict Resolution Techniques 2

Why Business Life Coaching Now? There are many major research studies documenting that employees who strive to be: more emotionally stable, more productive, more team-oriented and more committed -- are sick less often, are better contributors -- and health insurance costs go down!

As a catalyst to start your program, I am offering you one complimentary session for 10 – 12 employees to be held asap. This offer is good through 10/31.

Proposed Services

We offer the following business life coaching program to your practice/organization:

Group Workshops

- Upbeat, interactive sessions on enhancing skills and talents, purpose and customer service, ways to prevent burnout, and ways to optimize job performance.
- Can be conducted on-site or virtually
- Flexible times to meet your schedules.

Programs and Pricing		
Program	Description	Price
Classic Essential	18 group sessions over 6 months	\$8,000
The Standard	24 group sessions over 10 months	\$10,000
The Premium	36 group sessions over 18 months	\$16,000
The Deluxe	48 group sessions over 24 months	\$20,000

A sampling of Endorsements and Testimonials:

Dr. William Sears, M.D., noted author/pediatrician/wellness expert states: “I would like to introduce and recommend Shirley Premont who is a coach certified by the Dr. Sears Wellness Institute. I am confident in her ability to effectively lead others to better overall health & well-being.”

“Ms. Premont's coaching program, eight years ago, helped me actuate my potential! I absolutely recommend her as your new health coach/corporate trainer!” Anjali V, Texas

Please see below for more.

POWER FOR LIFE - TEAM

Introducing Shirley Premont

Shirley Premont is the founder and business life coach. She brings decades of consulting and life-coaching experience into her coaching practice. She brings many years of corporate and ministry experience to add solutions to problems, and to help prevent burnout and discontent in employees and management. Her goals are to help with: changing habits & customer interactions, support and encourage empowerment, promote using gifts and talents, and teamwork. A sampling of her qualifications: certified professional mediator, certified health coach, BS – Sociology/Health, over three decades of marketing and public relations in healthcare & credit unions, and author of two motivations books – on Amazon and other sites.

“By creating a new atmosphere and new habits, and by using tools and resources, the company changes and becomes more positive and more productive.” Shirley Premont -

We have a network of associates and affiliates who are standing by to contribute to your business life coaching program.

Email, call or text us now.