

If you would like to build a life that reflects your own values, truths and deeper purpose, this *Life Coaching Program* provides the empowerment tools and I'll provide the coaching to make it a reality.

Contact me ...

Your Personal Life Coach

Cathy McCarthy  
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### About Your Coach....

I have been trained by David Gershon and Gail Straub, founders of the Empowerment Institute, and am certified as an Empowerment Life Coach.

I am also a graduate of the Anthony Robbins Mastery University, and I participated in their VIP Life Coaching program for two years. As an active member of Contemplative Outreach since 1985, I also have extensive knowledge and experiential practice in the area of Spiritual Development, rooted in my own commitment to living contemplatively in a very active life.

In both the retreat work and coaching, I am motivated by a deep desire to help others learn and grow, expand their sense of possibility and reach their own highest potential. This motivation is inspired, in part, by my own long and fruitful journey toward greater self-knowledge and actualization. I seek to live my life consciously, fully and joyfully, and I enjoy supporting others as they seek the same.



## EMPOWERMENT Life Coaching

*Make your passion happen!*

- Relationships
- Work
- Money
- The Body
- Sexuality
- Emotions
- Spirituality

# Empowerment Life Coaching

## Purpose

The Empowerment Life Coaching program will help you to create a powerful vision for your life rooted in your personal values and aspirations, with the support of tools and personal coaching.

## Philosophy

The Empowerment method is based on the premise that our thoughts and beliefs strongly influence the conditions of our life. Thus, the program focuses on the development of self-awareness, perspective transformation and behavior change. Motivated by clarity of vision and systematic development of new beliefs, goals and positive habits of mind are attainable..

## Why Coaching

At different times in our lives we feel that we are not living as richly or as fully as we could be. Coaching supports you as you discover what's uniquely meaningful to you, translate this insight into a realistic vision, heal and transform unconscious beliefs that prevent its realization, and build new beliefs through affirmations and visualizations.

**Benefit to You....**The Empowerment Program will support you in creating your life as you most want it - to live your heart's desire. It is based on the premise that our thoughts and beliefs create the conditions of our life; if we want to bring about changes in our life we need to change our beliefs. This coaching program provides a powerful methodology that, when used, will help you make the changes you seek. It is an incredibly fulfilling, powerful journey.

**Program Effectiveness....**The Empowerment Program is based on the pioneering work of David Gershon and Gail Straub. It is built upon 20 years of research/training work and training workshops and has been proven to be highly effective.

**From our clients....** "With the help of this Program I realized I had the power to create the life I actually wanted but felt was beyond my reach."  
".....Almost immediately, I began releasing limiting beliefs. Joy and hope emerged as I empowered myself to make subtle but ongoing lifestyle changes that brought fulfillment."  
"..... As a coach, Cathy is supportive, intuitive and never intrusive; program tools facilitate growth and can be used independently."

## Structure

During the program we will work in seven areas of life: relationships, work, money, the body, sexuality, emotions and spirituality.

12 one-hour weekly sessions are conducted either in person or by phone. Each session builds upon what is learned in previous sessions and upon readings and exercises completed between sessions. You will be given *Empowerment, The Art of Creating Your Life as You Want It*, which is the workbook used during and between the sessions.

## For More Information

If you feel that you might benefit from life coaching, please contact me to schedule a free interview in which I will describe the program in greater detail and answer any questions that you may have. I am also available to give 90 minute or 3 hour "Taste of Coaching" presentations to small groups at no cost - Contact me.....

*Email - cmccarthy001@hvc.rr.com*

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*Make your passion happen!*