



Mark Walker - Coach

Where Individual Dreams,
Desires & Goals are Achieved



Benefits of Coaching Post Divorced Clients:

- ☀ **Accepting responsibility and ownership for your part in the divorce:** Relationships are made up of at least 2 individuals. When a divorce breaks apart that union, each individual owns part of the dissolution. Taking the responsibility for your part is the first step in moving forward.
- ☀ **Forgiveness of self, partner and others:** The single most liberating activity to awake your soul and move forward in life is to forgive. Forgive yourself, your partner, your family and friends for past deeds. This is deeper and more involving than just saying "I'm sorry".
- ☀ **Giving up the past:** Our personal history is a playground for experiences and activities. We learn by the experiences we encounter day to day. However, this is not a place to live, it has already gone. We cannot change a single event about the past but only learn the applicable lessons using them as a guide for the future.
- ☀ **Living in the moment & Planning the future:** We can't live in the past nor can we live in the future. We have only this day and moment to live and live our life to the fullest. When we dream we are often looking to the future. We shape our future today by taking the steps with a vision in mind.
- ☀ **Discovering your gifts:** What are the true gifts that you have lived with all your life? Does thinking logically come easy, do you interface with others effortlessly, do you light up a room when you enter it? These may be just an example of the natural talents that lie deep inside you.
- ☀ **Following your passions:** What is the energy that seems endless when you are working on something you truly love? It is your passion, it's doing what you love, this is the key to what will drive you to the next level. It is said that no man has ever been successful without realizing his passion, his inner calling.
- ☀ **Creating the new you:** The transition is on; you are moving forward. Now you can pick, choose and design what you will look like in the mirror. This new you may have a different hairstyle or wardrobe or outward glow. These changes will provide you with renewed energy and strength to enjoy YOU!
- ☀ **Understanding the practical necessities (budgeting, households, employment):** Living in today's economy requires certain practical skills such as making lists, living with a budget, becoming employed for the first time or after a number of years out of the job market.
- ☀ **New community:** Re-engaging with family and friends but also making new acquaintances in the new environment. This may include new co-workers, new neighbors and new social circles. Social media may be the key to open doors.

"My mission as a Coach is to take my clients to the next level of their continued success. Coaching is a developmental partnership between the coach and the client where dreams, desires and goals are objectively supported and challenged resulting in positive, forward-moving experience."

- ★ **Personal Growth**
- ★ **Life Balance**
- ★ **Life Achievement**
- ★ **Goal Attainment**
- ★ **Lifestyle Choice**
- ★ **Career Proficiency**
- ★ **Strengths Mastery**
- ★ **Creating Irresistible Attraction**

