



balance through partnership

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Complimentary Coaching Session

James Ladd, Life & Business Coach, would like to offer you a complimentary one hour "exploratory" coaching session. The purpose of this session is to help you to identify areas of need in your life, both personal and professional, and to discuss how having your own personal coach might go a long way to supporting and guiding you in resolving your need tension and achieving what you want in your life.

Through a process of skillful questioning, paraphrasing, summarizing and discussion, Jim will tease out the information he needs to identify, analyze and make the best possible recommendations to help enable you to move forward in a strategic way.

Benefits of Coaching: (Just to name a few)

- It gets you focused on what you need, why you need it and how you can get it.
- It enables you to bridge the gap between where you are now and where you'd like to be.
- It provides structure, and encourages you to do more than you would normally do by yourself.
- It provides you with; confidence, support, belief, space, encouragement and motivation.
- It can enable you to reach your goals, or accomplish your dreams/ambitions.

You can identify your life's purpose or mission, reduce the amount of stress in your life, create more time for yourself, improve your communications, increase your self-confidence and self-esteem, improve your health, well-being and fitness, and bring more balance to your work/home life.

Personal Coaching is a partnership designed and defined in a relationship agreement between the client and his/her coach. **It is based on the client's expressed interests, wants, needs, values, aspirations, goals and objectives.**

"Personal Coaching is an investment in you; it will benefit your entire life and the lives of those whom you hold dear."

Call or e-mail Jim to arrange your session and check out his website at: www.coachladd.com



JAMES LADD B.A., C.H.R.P., C.P.I.R. Life & Business Coach, author and speaker, who has without a doubt been down the "Road Less Traveled," having survived and thrived after a double lung transplant in August of 2003. Jim comes to this place in his incredible life journey with a dynamic combination of work and life experience. Jim worked as an Organizational & Human Resource Development Specialist for over 35 years in the private, public & non-profit sectors and also managed a provincial government employee assistance program serving over 15,000 employees. He has authored and facilitated a wide variety of training programs covering such diverse topics as; managing organizational change, conflict resolution, performance management, managing and/or coping with stress, interviewing & counseling skills, supervisory & management skills. His most recent publication titled; "THE PERSONAL TRANSFORMATION GUIDE: Raising Awareness of Self to Slay the Dragon," is available through his website. In the community he became an award winning football coach over the course of 25 years (Coach of the Year 3M of Canada, Coach of the Year, Developmental Category, Coaches Assoc. of Manitoba).