



Irene S. Klotz, LMSW, CPT - Counseling
Health Advocacy | Therapy | Life Coaching
Licensed Social Worker

What is a Life Coach?

A Professional Life Coach is profoundly different from a therapist, advisor, mentor, consultant even a counselor. The coaching process addresses specific projects, business successes, general conditions and transitions in your personal life, relationships, or profession by examining what is going on right now, discovering what obstacles or challenges you might have, and choosing a course of action to make your life what you want it to be.

How Does Life Coaching Work? Life Coaching is a thought-provoking alliance between coach and client that inspires personal and professional potential. The coaching relationship continually gives the power back to you, the client. In essence, you possess the answers to every challenge you may have in your life, even if the answers appear to be obscured, concealed or hidden deep inside. The process of coaching teases out the answers you hold within and makes them available so you are aware of your power to resolve the puzzles that stump you. My responsibility as your **Life Coach** is to:

- **Discover, clarify, and align with what you want to achieve**
- **Encourage your self-discovery**
- **Elicit your solutions and strategies**
- **Hold you responsible and accountable**

You, the client, are the expert in your life who knows who you are and what you need. You are the only one who can recognize what is absolutely best for you. As a **Life Coach**, I am only the expert who guides you in the coaching process as you discover what your own personal “best” might be. *Together, we can look at your relationships and intimacy, how you balance and manage stress, your spirituality and personal growth, your entrepreneurial skills and small business development, your motivation and time management, your health, aging, lifestyle, and self-care, or your family and/or parenting abilities.* Your triumph reveals your potential, gives you a new outlook on life and work, or enhances your leadership skills.

In my Coaching practice, I help you connect your head and your heart in a way that transforms your passion for your dreams into action for your life.

Every day we make choices to do or not to do many things. These choices range from profound to trivial and each one has an effect that makes our lives more or less fulfilling, more or less balanced, that makes our process of living more or less effective. **Life Coaching** helps you learn how to make choices that create an effective, balanced, and fulfilling life.

Take this moment to contact me right now to find out what **life coaching** can do for you. See which coaching process is best for your personal needs. **Call me today** for your complimentary consultation at 917-796-4456 or 718-708-4188 or **contact me** by **Email:** Irene@keepinglifebalanced.org.