

# **Empowerment Life Coaching**

*With Cathy McCarthy*

## **Purpose**

The Empowerment Life Coaching program is designed to help you to create your life as you want it. The program will help you to create a powerful vision for your life, rooted in your personal values and aspirations, and 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, attainable goals and positive habits of mind.

## **Why Coaching**

At different times in our lives we all feel that we are not living as richly or as fully as we could be. We feel stagnant or unfulfilled but don't know how to change that. Coaching provides the guidance you need to develop a comprehensive vision for your life and the tools required for translating that vision into reality. In essence, coaching empowers you to regain sovereignty over yourself and to build a life that reflects your own values, truths and deeper purpose.

## **Content**

During the program you will work in seven areas of life: relationships, work, money, the body, sexuality, emotions and spirituality. Our culture is primarily pathologically based - focusing on what is wrong with a person. This holistic approach promotes healthy, balanced and integrated personal development.

## **Distinctions Between Coaching and Therapy**

Coaching helps you to envision what you most desire and gives you the tools/techniques to create it. Unlike therapy, the primary focus is on vision, not on pathology or on the healing of old wounds. In coaching work, you will acknowledge old wounds and limiting beliefs, but you will not dwell there. The focus of this work is on expanding your sense of possibility and generating the motivation and confidence you need to live more fully.

## **Structure**

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.

## **Cost**

My fee is \$100 per hour. You will initially be required to commit to 3 sessions. If upon completion of the first 3 foundational sessions, you wish to continue with the program, we will establish dates, times and payment terms that are convenient.

## **Program Track Record/ Effectiveness**

The Empowerment program is based on the pioneering work of David Gershon and Gail Straub. It is built upon 25 years of research and training work and training workshops and has been proven to be highly effective .

## **My Qualifications and Motivation**

I have been trained by David Gershon and Gail Straub and am certified as an Empowerment Life Coach. I am also a graduate of the Anthony Robbins Mastery University and have participated in their VIP Life Coaching program for 2 years. As an active member of Contemplative Outreach since 1985, I also have substantive knowledge and extensive experiential practice in the area of Spiritual Development, rooted in my own commitment to living a contemplative lifestyle 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 enjoy supporting others as they seek the same.

## **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.

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