



Life Presents - Life Coaching

Discover the Benefits of Working with a Life Coach

- Live a more rewarding and enjoyable life
- Develop the skills and confidence you need to succeed
- Realize more success

Why Work With A Life Coach

- Begin to embrace change proactively
- Become solution and future oriented
- Reduce stress and anxiety
- Learn to set goals and achieve balance in life

Decide That You Really Want To Change Your Life

- Personal and professional goal setting
- Successful time management techniques
- Effective communication skills
- Creative solutions where you need them most

Life Coaching can help you to get focused, set clear goals, and take actions that will help you get results with greater ease, and lead you to a more satisfying life.

With Life Coaching, you'll not only achieve your goals, you'll build confidence, strengths, and skills that will serve you throughout your life.

Contact Wilma to schedule your complimentary consultation - a 25-minute strategic planning session so you can begin to create the rich & rewarding life you really want.

Wilma Nachsin, CCC, PHR
Professional Life Coach
Certified Career Coach & Resume Writer
Clients Nationwide
847-501-1192
lifepresents1@gmail.com
www.linkedin.com/in/wilmanachsin

"Coaching isn't therapy. It's product development, with you as the product." - FAST COMPANY

"As human beings, our greatness lies not so much in being able to remake the world...as in being able to remake ourselves." - Mahatma Ghandi

"My coach Wilma sees the potential in me and is able to help me realize my true interests and goals. Her suggestions and action plans are clear, consistent and make a great deal of sense. Wilma's ability to see opportunities in such a positive manner is inspiring and gives me a great deal of hope as I make changes in my life." - Linda M.