**Contact Us**

<http://livinganeffectivelifestyle.com/contact.php>

Everything is good and all we need to is update the contact

**How To Reach Us**

* [Suite 200, 2010 Winston Park Drive, Oakville. Ontario, L6H 5R7](https://maps.google.com/?q=Suite+200,+2010+Winston+Park+Drive,+Oakville.+Ontario,+L6H+5R7&entry=gmail&source=g)
* Main: [+1 289 291 7781](tel:(289)%20291-7781) | Direct: [+1 905 379 2427](tel:(905)%20379-2427)
* [info@livinganeffectivelifestyle.com](mailto:info@livinganeffectivelifestyle.com)

  For our FREE consultation or just to speak to one of our coaches,

Call [+1 289 291 7781](mailto:+1%20289%20291%207781) *or* email: [info@livinganeffectivelifestyle.com](mailto:info@livinganeffectivelifestyle.com) ... you’ll be glad you did.

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**Coaching Page**

<http://livinganeffectivelifestyle.com/coaching.php>

**Why Coaching?**

In today’s world, Coaching isn't just for sports anymore. However, the roof of successful performances, achievements, and successes can be found in the coaching received by individuals enacting the great deeds

Coaches can help people take the next steps in their lives, for example help them successfully navigate through their transitions. The transition could be moving up to the next level of their health, relationship, work and financial lives.

It becomes a lot faster and easier to get to where you want to go to in your life if you have someone to walk the journey with you, navigating past the pitfalls and ditches, and pointing out the shortcuts; someone who cares and is a professional supportive partner helping you in the process. This the difference coaching makes.

**You cannot teach humans anything.**

**You can only help them discover it within themselves."**

**~ Galileo**

An article in the Washington Post June 2003 stated that people are now skipping the psychiatrist and hiring a life coach instead. It is estimated that 80% of those seeing a therapist do not exhibit or have a mental disorder.

Coaching appeals to people because it facilitates a confidential relationship with a trusted professional without any of the social stigma attached to the consultation process.

Some other benefits of coaching include:

◼ Life coaches are more than friends with whom to share your problems

◼ Life coaches are sounding board for solutions to the challenges that we face on a daily basis.

◼ Life coaches are mentors, in some cases, cheerleaders, to move us toward our dreams and goals.

◼ Life coaches are part consultant, part family (if that family experience is a good one).

◼ Coaches unleash the power of partnership.

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**Our Coaching Programs**

⌂ Life Coaching

⌂ Career Coaching

⌂ Managing Change

⌂ Career, Job Placements & Re-entry

⌂ Thinking of Starting a Business

**Life Coaching**

Consider us to be your own, individual coach, helping you find solutions for life. In a situation where we won’t judge you or tell you that what you are doing is crazy or that what you are thinking of doing won’t work.

As your coach, we will help guide you where you seem to have gone off track, help you set priorities, identify your passions in life and get you to become the person you want to be.

**Career Coaching**

The need to upgrade your employment status has become an ongoing process, rather than something you do once or twice during your career. With the complexities of people’s lives, they will continually nee support for the various transitions they make.

Whether you’re thinking of getting better at your job, leaving school to begin a new career, getting that deserved promotion or even charting a new course – going from being employed to being self-employed, our career coaching system will help you.

**Managing Change**

As much as change is life’s’ constant, some of us still resist it, Why? Because we are creatures of habit.

Some people just want things to stay the same while others seem to be afraid of change thinking they would be lost in the process. Change is a great thing if you understand the process and how to manage yourself through the transition.

**Career, Job Placements & Re-entry**

We also discovered that many individuals and professionals struggle through the transition unsure of so many things in the job market – entering the job market for the first time, or even re-entering at a later stage in life. Sometimes you may experience anxiety from changing your career. When it comes to transitioning from one job to another we understand firsthand the pain and pressure that can bring on any individual or professional.

**Thinking of Starting a Business**

Starting a business with an idea can be very exciting! However, we believe strongly that discovering your life’s vision is where your business should start from.

Together we can discover through our coaching program the kind of businesses that will make you experience true fulfillment as well as great revenues.

  For our FREE consultation or just to speak to one of our coaches,

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**Home Page**

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1. The **Get Started** button should take you to a sign up for our FREE Consultation Page

**Book a FREE Consultation with One Of Our Coaches Now**

\* Required

**Email Address \***

your email

**First Name \***

your first name

**Last Name: \***

your last name

**Phone Number \***

your phone number

**Skype: \***

your skype name

**City/Province/State \***

your city/province/state

**What country do you currently live in? \***

your country

**What is your biggest challenge? (Check all that apply.) \***

Staying inspired □

Planning □

Living the Effective Lifestyle □

Family □

Financially Independent □

Starting a Business □

Building your Business □

Getting a Job □

Staying Healthy □

Goal Setting □

Creating new content for my blog □

Publishing consistently □

Productivity □

Leadership □

Personal Development □

Others (Please specify)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What is the biggest challenge you are facing right now? (Check all that apply.) \***

I do not have enough inspiration □

I do not have enough know-how □

I do not have enough clarity □

I do not have enough time □

I do not have enough money □

I am not getting enough results □

I am feeling dissatisfied with life □

I want to re-evaluating my life’s choices □

I want to discover my life’s purpose and destiny □

I want to accomplish something really big □

I am at a cross road in life □

I want to start a new business □

I want to make a career transition □

I want to explore my gifts, skills, talents and abilities □

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**Work With Us**

In**Living** **an Effective Lifestyle Inc**. we have discovered how to help individuals and professionals in the small, medium and large organization understand effectiveness in regards to their lives and how they function individually or within a group to improve productivity and sales within an organization from the least to the top personnel.

Our proprietary coaching program has helped numerous individuals like yourself discover their life’s vision, passion, and key potentials to living a more effective lifestyle, so they can be happier, be more productive and live a fulfilling life. Providing simple practical tools, your Coach will guide and support you in each step as you walk through the mentoring process with our Life Coaching Signature Program™.

**FREE consultation Call +1 289 291 7781**

**What Makes Us A Great Coaching Firm?**

● Each of our coaches has a strong commitment to their own personal awareness and growth, willing to evolve and develop themselves.

● They each have a huge love for and desire to help people, genuinely curious about people, with a healthy sense of humor and humility.

● Our coaches have great listening skills (both the unspoken and the spoken), listening at the deepest levels; they know how to filter out their own emotions, judgment, and conclusions.

● They have a strong blend of loving-kindness and the ability to compassionately “Call clients on their stuff”.

● Our Coaches have the gift and ability to recognize and articulate our client’s strengths.

● They are non-judgmental, always open to outcomes but not attached to outcomes, they're able to make themselves blank for the client’s agenda so that solutions emerge.

● Our coaches have a positive orientation to life, and above all empathy, making the process ALL about the client.

Let us help you define your goals & dreams, craft a well aligned plan, recognize what is holding you back, be intentional about your life's vision so you can move forward with **great momentum**, **clarity** and **vision**.

For our FREE consultation or just to speak to one of our coaches,

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E: [info@livinganeffectivelifestyle.com](mailto:info@livinganeffectivelifestyle.com)

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**Our Workshops & Training Programs**

In **Living an Effective Lifestyle Inc.,** our training sessions are prepared meticulously by our trainers and our course designers specially designed them in a manner geared towards producing your optimal performance.

We believe your time is valuable, and so is ours, so our goal is to best prepare the course participants while taking up the least amount of their time possible.

Our training programs and workshops are crafted to use a blend of classroom discussions, case studies, in-class Assignments, and participant interaction with formal role-plays to ingrain the concepts into the participant's heart and mind.

Our program format is a powerful way to help delegates understand complex ideas and, most importantly, develop a common understanding and approach to using theories and applying tools to make a real difference in the performance of their responsibilities. Case studies and materials will build on real-life scenarios from all contexts of life: e.g. family, school, and work environment.

Our training programs and workshops are usually conducted by one of our top trainers and our training session comprises of lectures, assignments, activities and role plays that will demonstrate the subject matters

**Certification**

At the end of the program, participants will receive a formal certificate from **Living an Effective Lifestyle Inc.** – recognizing their participation and completion of the training.

**Venues**

All our programs can be offered on-site or off-site. The respective location for each course will be communicated when applicable.

**Who Should Attend**

Living an Effective Lifestyle Inc., Training programs and workshops are suitable for all cadres of Leadership, whether small, medium or large size organizations, Churches, Heads of Departments, Coordinators, Supervisor, individuals and business professionals who want to increase accountability to defined personal goals and achieve better results. Our training sessions vary from 5 to 50 participants per class.

**See a few of our most attended signature training workshops below:**

**Goal Setting Signature Program™ +**

**Unlocking Your Confidence & Inner Strength Signature Program™ +**

**Your Life’s Message (Voice) Signature Program™ +**

**Take Charge: ADVANCE Signature Program™ +**

**Becoming a Competent Reaper Signature Program™ +**

**Emotional Insight Signature Program™ +**

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**Who We Are**

**Living an Effective Lifestyle Inc.** is one of Canada’s leading Life Coaching Firms for living purposefully, dedicated to helping Canadians live the effective life.

Our intention is to help as many individuals and professional gain more focus, understand their relevance and gain clear direction for their lives. This is a service we have been delivering through our Coaching, Mentoring, Seminars, materials & Training since 2009.

As seasoned Life Coaches and Train the Coach Trainers firm, we have counseled, consulted, and coached hundreds of individuals on their journey of discovering their life’s vision, relevance and purpose thus they could truly live the Effectively Lifestyle becoming the person they were destined to be, do and have.

**Our Approach**

Our approach in the course of coaching is deeply rooted in our belief that every person on planet earth is born to accomplish something significant and to make a difference in their contributions to the society.

However, for any individual or organization to experience their reason for being and attain to their fullest productivity they will have to understand who they are as a person or organization, how they are wired and what specific assignment they are here to solve.

Our proprietary coaching program, mentoring program, courses, workshops, books, and seminars provides simple yet practical tools and approach with the needed 1-on-1 support through the process.

|  |  |
| --- | --- |
| C:\Users\WHYTE\Desktop\Website December 13th, 2017\aj.jpeg  **Coach Aniekan Joshua Whyte**  *Managing Partner (COO)* | C:\Users\WHYTE\Desktop\Website December 13th, 2017\dee use.jpeg  **Diana O. Whyte (Mrs.)**  *Managing Partner (CEO)* |

Coach Aniekan and Diana both run one of Canadian leading Life Coaching, Mentoring & Human Development Firm - Living an Effective Lifestyle Inc., committed and dedicated to helping Canadians live the intentional, purposeful and designed centered lives they desire.

For the past 25 years they have been helping countless individuals, business professionals, organizations build that bridge from where they are now to where they would like to be, this on-going partnership is designed to improve and enhance the quality of lives with extensive coaching practices in North America, Europe, the Caribbean and West Africa.

As seasoned Life Coaches and Train the Coach Trainers, they have counseled, consulted, coached hundreds of individuals and also addressed over 1,000 different audiences, some of which as keynote speakers.

Their message is simple, God created every individual to live the effective lifestyle if only they would discover their life’s vision, relevance, and purpose to become the person they were destined to be, do and have.

Their personal approach to life is deeply rooted in his belief that every single person on planet earth is born to accomplish something significant and to make a difference in their contributions to the society. However, for any individual or organization to experience the reason for being and attend their fullest productivity they will have to understand who they are as a person or organization, How they are wired and what specific assignment they are here to solve (what problems you are designed to solve).

Only then, can any individual truly live intentionally fulfilling life, able to move forward with great momentum, and clarity of vision.

As Living an Effective lifestyle Inc. founders, they are responsible for the Mission, Vision, and Direction of the business... Plan our every aspect of the business and, the accomplishment of final goals. They lead the firm gracefully and tirelessly into new frontiers as they pursue customer satisfaction and delight while watching diligently for the welfare of the team. They believe as one of their mentors Zig Ziglar rightly said that… We build a better company by building better people -

Their love for people and a heart for the reliability of our services, message, and products reflect strongly in everything we do as a company.



Victor .U.

*Web Developer & Content Management Expert*

Victor is a seasoned web developer, with vast experience in PHP, bootstrap and content management systems. Having developed several websites over the years, he has developed a work approach for himself, which is what he fondly calls "work hard, but smartly".

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1. Contact info has changed

2. Change the phone number on the upper left hand corner

#### 3. The Subscribe Now button: these is good When it comes to living your life on your own terms, have you figured out how to plan your day effectively?

However you should only have i. Firstname: & ii. Email:

4. The **GET STARTED** button should take them to a **NEW PAGE** you will create titled: **Book a FREE Consultation with One Of Our Coaches Now.** The page content is included

5. The site photos seem to be okay except for the one on the Training Workshop page that is too stretched

6. There is no call to action on the Home Page after the Articles: **a**. Fear won't let you rest. **b**. How intentional are you about living? **c**. Your passion, your destiny, your life **d**. These words can shape your future

Lets have these

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