



"Find the BEST YOU with Life Coaching!"

Anita Greenberg, Life Coach

September, 2010

Dear Clients, Colleagues and Friends,

I hope you enjoyed a wonderful summer and made the most of the beautiful weather we had!

Relaxing and vacationing are not only fun and enjoyable, they are essential for our well-being! However, as essential as they might be, work and goal-setting are also essential to having a full, meaningful and happy life. So as the summer vacation period dies down, take a few minutes to think about your goals in all the areas of your life that matter most.

And if you're having trouble setting goals or staying on track towards achieving your goals, I have some EXCITING NEWS that may help you! I have recently completed the necessary course in Quality of Life Therapy and Coaching (QOLTC) and am now certified in that method of coaching. QOLTC is a new approach to Positive Psychology and focuses on the improvement of a Client's quality of life. Through the use of any number of the QOLTC interventions, a Client can be assisted in identifying dissatisfaction in any major area of life and then aided in finding a solution to the resulting problem. I find this method of Coaching to be very effective in any area whether it be relationships, career or self.

My second piece of EXCITING NEWS is the launch of my new website. You are all invited to check it out at the web address below. Feel free to send me an email and let me know what you think of it and what else you would like to see on the site. And don't forget to download Anita's Ten Ways to Live the Life of the Best You!

I'm looking forward to hearing from you all! Enjoy, relax and set those goals!!!!

Sincerely,

Anita

positive
coaching
for change



QOLTC Certified
ICF Member
ICF-GTA Board Member

www.PositiveCoachingForChange.com

[416] 579-1616