

What is Life Coaching?

Career, Business, Relationships -- what does your **best life** look like? I help ambitious, successful, exceptional people achieve specific goals!

Coaching Defined:

Life coaching helps successful people **achieve specific goals faster** than they otherwise would. Coaching helps ambitious, **smart, successful people** discover their true path in life, realize their ultimate potential and live with true, authentic happiness!

- **CAREER** -- Enjoy your career life! Craft your career path or create your own business -- take it all to the next level, create balance, embrace work strengths, find your true path.
- **RELATIONSHIPS** -- Find your best matches for friends, dating, relationships. Know what you want and find it!

How it works:

Your coach focuses on where you are NOW and how to bring about FUTURE results faster.

How does it differ from therapy?

Unlike counseling or therapy, Life Coaching focuses on the present and future (instead of the past hurts). Coaching assumes the client already has every answer they need -- **you won't get advice** from your coach! The answers you discover for yourself will be far more powerful. Clients must be emotionally healthy to work with a coach.

Is this a "magical" solution?

No. The hard work of changing your life is up to you. You are responsible for choosing to make decisions and carrying them out. Your coach supports you, but you are the only person who can change your life. A marathon runner's coach will not carry them to the finish line -- and life coaching clients must take their lives in their own hands. The hard work and the success are both the clients.

How the Life Coaching Process Works:

1. We discover/clarify your goals!
2. We identify the blocks in your way -- otherwise you would have already achieved this, right?
3. We create an action plan
4. You check in with me after completing action steps.
5. By working on the the present, you reach future goals faster, getting you results!



Meet Your Coach:

Coach, writer, artist, speaker Julie Melillo is a Certified Life Coach who coaches entrepreneurs, CEOs, financial traders, attorneys, marketing people, artists and actors in Manhattan. She is a member of the NYC International Coach Federation chapter and recently appeared on Life Coach TV. Julie also leads workshops on career and relationship success.

Find out more! Email Julie at yourdreamslifecoach@gmail.com to set up a short phone consultation. Get the details to see if it's a great fit for you!

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