



## **What is Time for Life Executive Coaching?**

Time for Life, LLC is a company committed to help business owners, executives, and lawyers to create success through balance in their lives. Our Success through Balance coaching technique is holistic in nature and targets each area of our clients' lives. We take this approach to our coaching as it is the only effective way to achieve success through balance. This balance enables successful and driven professionals to experience genuine and consistent growth in their careers and their personal satisfaction. Through one-on-one coaching, group coaching, and online workshops, we provide practical guidance to professionals at every stage of their careers to reach their business, professional, and personal goals.

### **We have a dual purpose:**

- To empower business owners, professionals, and lawyers in creating their own fulfillment, success, and personal satisfaction while applying techniques to overcome self-defeating thought and behavioral patterns.
- To help corporate organizations and law firms create work environments that value the importance and effectiveness of success through balance.

### **The Success through Balance Coaching Technique Encompasses:**

- Goal Setting
- Values Identification
- Defeating Self-Limiting Thought and Behavioral Patterns
- Time Management
- Rapport building
- Effective Communication Techniques
- Work life balance
- Decision Making
- Leadership

### **Our Clients Include:**

- Entrepreneurs
- Attorneys
- Executives
- Law Firms