

Have fun...
REACHING YOUR GOALS

**Set 3 inspiring goals
worth going for...**

**“Taking you from where you are
now - to where you want to be...”**

Covering:

- ✓ **Relationships**
- ✓ **Personal Growth**
- ✓ **Health & Fitness**
- ✓ **Career Direction**
- ✓ **Business Goals**
- ✓ **Financial Success**
- ✓ **Creative Projects**
- ✓ **Community Work**

expect
RESULTS[™]
LIFE AND BUSINESS COACHING

Call now for an FREE no-obligation chat:

Alan Perkins

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**PERSONAL AND BUSINESS
COACHING...**

***“I believe it is an enormous
privilege to work alongside
someone willing to move
outside his or her comfort
zone...”***

Alan Perkins



***Our goal is simple... to help
you reach your personal and business goals
the way you were meant to... a synthesis of a
mentor to believe in you and help you set
bigger goals for yourself... A manager to break
down the goals into 'do-able bits'... A personal
trainer who will keep you moving along your
path and a sports coach to give you feedback
to help improve your game.***

If working with you is appropriate and you are serious about creating positive, vibrant and long-lasting changes in your business, career or life, I look forward to sharing your excitement as you clarify your goals, define your strategies and make your dreams real.

ABOUT ALAN PERKINS

After running a successful business for more than 28 years, he made a career change, which not only created a positive change in his own life but also dramatically improved the life style of others. Alan brings with him tremendous depth, knowledge and integrity to the business of Coaching. With strong 'hands-on' entrepreneurial and corporate experience in building successful businesses both locally and internationally, he understands the value of a different perspective and the importance of an unbiased sounding board. With an extensive background in Sales, Marketing and Management, he is well qualified to help individuals and companies achieve their personal best.

“Being both supportive and determined, I am 100% committed to your success. Together we develop new strategies and regular 'do-able' action plans, which subtly and rapidly change old, unsupportive habits into new habits which ensure your personal or professional success.”

GENERAL INFORMATION

I work one-to-one or in groups over an extended period of time. This way the work is targeted and focussed to the client's need, plus I am able to make sure you really develop new skills and habits. Coaching is usually taken by very successful people simply because they are ready for more. They take on coaching in the same way that top performers in sport take on coaches, because they want to get to another level. **Coaching takes you from where you are now to where you want to be!**

TRIAL SESSION FORMAT

In this first TRIAL SESSION you will set 3 MAIN GOALS designed to give you CONFIDENCE, CLARITY and ENERGY to fit with your personal aspirations.

Each stage consists of one hour sessions by phone or in person. Each session is POWERFUL and designed to INSPIRE and CHALLENGE you.

MATERIALS AND EQUIPMENT

Students are provided with comprehensive notes and worksheets to keep you on track with what is most important to YOU!

ENROLMENT

Applicants can only be accepted in order of receipt of payment, SO PLEASE ENROL EARLY to ensure your place. Class sizes are limited!

TRIAL SESSION GROUP BOOKINGS

Students who enrol more than one other person may qualify for A FREE TRIAL SESSION for each 2 people they enrol (i.e., Three people enrolling together = 1 FREE TRAIL SESSION.

LOCATION

WHAT YOU WILL LEARN

No pre-requisites are required for these workshops other than a willingness to learn. Some of the sample topics include:

- Work/Life Balance**
- Personal Growth**
- Health, Fitness & Lifestyle**
- Career Change or Advancement**
- New Business Set-up or Growth**
- Time Management**
- Improving Efficiency & Performance**
- Relationships**
- Creative Pursuits**
- Overcoming Fears**
- Moving out of Your Comfort Zone**
- Changing Financial Habits**
- Increasing Confidence or Self Worth**
- Retirement Transition Planning**

Topics may vary according to the interests of individuals.

The very word 'coaching' is appealing to many people. It allows individuals to access basic life skills in a way which is socially acceptable. Obtaining a work-life balance acts as a bridge into their personal life and allows them to focus on solutions - **to see where they are now, where they want to be in life and what they need to do to get there.**

INTRODUCTORY CLASS TIMETABLE:

Day Classes - Days as published:

Morning Time: 10.00 am till 12.00 noon
Afternoon Time: 2.30 pm till 4.30 pm

Evening Classes: Days as published:

7.00 pm till 9.00 pm

Introductory Class and Workshop Dates will depend on class numbers and availability at your chosen venue. For bookings, please enquire directly or phone Alan on 0419 014 015.

COURSE CONTENT

TRIAL SESSION - SETTING GOALS

This stage has been designed to explain how coaching works and you will walk away with three exciting, measurable and achievable goals. You also receive a FREE Personal Checklist to help you **WHETHER YOU CONTINUE WITH THE COURSE OR NOT!**

COURSE OVERVIEW

If appropriate, I work privately with clients within a proprietary 3 month coaching structure, for one hour per week in person or on the telephone.

This 12 week course focusses on solutions, not the problem - inspiring you to achieve your best - opening up communications channels - giving positive feedback - changing by developing systems - stretching and challenging.

OUTCOMES

You will develop strategies to reach your goals - getting into action - maintaining momentum - providing accountability - focus on the big picture - building strengths and reducing weaknesses - and delivering honest feedback. *If you are serious about creating positive, vibrant and long-lasting changes in your business, career or life, I look forward to sharing your excitement as you clarify your goals, define your strategies and make your dreams real.*

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REGISTRATION DETAILS

Name:

Address:

Day Contact No:

Evening Contact No:

YES! Please book me into the following course :

DAY (Circle): M - T - W - T - F - S - S

TERM (Circle): 1 - 2 - 3 - 4 **DAY** or **EVENING**

MODULE (Circle): TRIAL SESSION

COURSE TITLE:

PREFERRED DATES:

Preference 1: _____

Preference 2: _____

METHOD OF PAYMENT (Circle):

Credit Card - Cash - Cheque

Expires:

Type:

Signature: _____

Date: _____

