

YVONNE VICTOR
LIFE COACH | LIFE DESIGN



BUILDING A HOUSE OF CHAMPIONS

Life & Business Coaching for
Professionals Who Want More

INTRODUCTION

Empowering our clients

Coaching has been in practice for over 20+ years but only recently gained popularity. As people learn more about coaching, they are taking advantage of this wonderful tool to create manageable, fulfilling and successful lives.



WHAT IS COACHING?

In short, Life Coaching is a practice that helps others to identify, create and achieve personal and professional goals. Through coaching, clients are better able to shape the world around them and live their life by design instead of default.

Any seasoned athlete can tell you that their performance was enhanced by their partnership with a trained Coach, who was singularly committed to their success as an athlete. Together, they progressed the player from the bench to the field and from the field to the goal.

Those same principals are applicable Life Coaching. Working with a Certified Coach increases your ability to meet and exceed your personal goals. You benefit from an accountability partner who will help you map a journey to your success. Getting you from A to Z is your coach's primary focus.

CLARITY

Coaching helps you find **Clarity** surrounding your life vision. It helps you identify your who, what, why and how's. With this knowledge you'll create a life that is both enjoyable and authentic to you.

DIRECTION

Coaching helps you identify a **Direction** for your life and set up milestones to let you know that you are on the right path. You will not only minimize the missteps of life, but you'll feel more significant and accomplished.

PURPOSE

Coaching supports you in finding your **Purpose**. In a judgement free environment, you explore your life experiences, motivations, and accomplishments to discover and design the path that is best for you.

FREEDOM

Coaching also helps you to create a life of **Freedom** where you can live and express yourself without measure. You will live boundlessly and authentically, consistently showing up in your relationships, at your job and in your communities as a full expression of yourself.



*"It is never too late
to be who you might
have been."*

- George Eliot

SERVICES

Building Champions

Our practice is in the champion building business. We desire to shape individuals into resilient, accomplished, balanced and dynamic people who have mastery over their lives.



WHAT DO WE OFFER?

Our Life Coaching practice is holistic as we believe that every aspect of your life intersects with another. It is impossible to “treat” one part of your life without considering the affects it has on another.

Whereas our clients may come to us seeking assistance for one thing, we often discover that the root cause is reflected in another area of their life.

As Life Transformation experts, we examine the seven areas of your life to determine where there is disparity and assist our clients with creating a life that is balanced and manageable.

We offer many different ways to work with us. Each method is designed for a certain level of engagement and can be used to accomplish certain goals.

1:1 COACHING

One-on-One Life Coaching Sessions are weekly discussions that focus on a particular agenda and focal point designated by the client. Together with the coach clients are able to identify and remove roadblocks to success and move towards the goal.

LIFE DESIGN

This hybrid coaching model combines one-on-one coaching with supporting curriculum on Minset, Vision, Time Management, Finances and Goal Setting. Additionally, the client experiences a two-day intensive, allotted for discovery. This model is robust, making sure the clients has the tools firmly in place to support future goals and success.

ONLINE COURSES

Online courses that focus on Life Design are offered seasonally. This gives the client an opportunity to study various theories that are applicable to the human experience, explore growth opportunities and create a plan that uses the principles to establish solid baseline in the seven areas of life. These courses create a strong foundation on which to add 1:1 Coaching.

MASTERMINDS

Mastermind sessions are intensive coaching clinics held on location. The sessions center around a theme and are facilitated by experienced professionals within the Coaching and Health & Wellness industries. Participants also enjoy leisure time and group activities.

BENEFITS

The Win

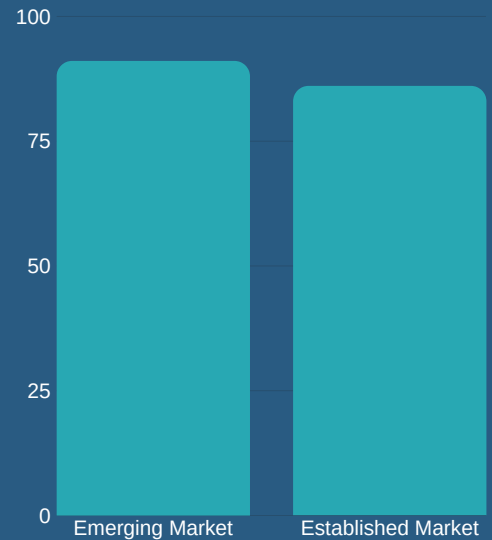
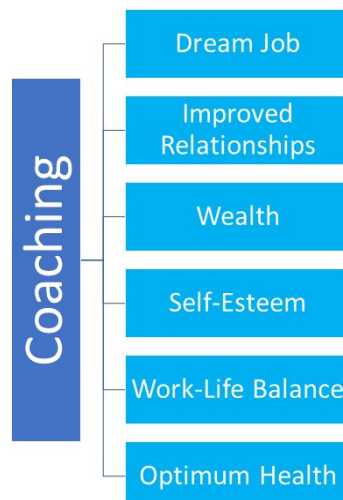
There is one perfect reason for anyone to coach, and that is to yield results. Coaching requires commitment, transparency and action, yet for those willing to invest, the dividends pay exponentially.



HOW DO I BENEFIT?

The benefits of coaching are profound. Clients report feeling more powerful, focused and having a clearer vision of what they want from life. They also have been able to land dream jobs, improve relationships, increase wealth, start new businesses and establish healthy habits that garner a multitude of rewards.

Many also find that working with a Coach helped them to achieve the win faster than they would have by going it alone. They found themselves more prepared to seize opportunities, than their peers.



In data reported in the 2017 ICF Global Consumer Awareness Study, commissioned by the International Coaching Alliance (ICF) and conducted by Price Waterhouse Cooper LLC, "88% of consumers reported that they were somewhat or very satisfied with the coaching experience." Additionally, of those surveyed in Emerging and Established markets, 86 – 91% reported being satisfied to very satisfied with their coaching experience.

"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence."
- Confucius

RESOURCES

The Book



Is there something more that you want out of life? You've tried time and time again to create the robust life of your dreams.

However, no matter what you do, you can never quite get there.

I get it! I coach people just like you every day, People who are "stuck" in place. It's not that they don't want more from life, they simply don't know how to get it. This leaves them frustrated, doubtful, and defeated.

If this sounds like you then this is the book you've been waiting for!

No more courses that you hardly complete.

No more wishing and hoping things will change.

No more wasting time, energy, and money trying to figure it out on your own.

Just 5 Simple Steps!

Most of us desperately want to live our best life, however, we lack the knowledge to get us there. Year after year we wish, dream and pray about living a life of true satisfaction, only to remain stuck in place. This book puts an end to that!

Inside this book, you'll learn the First Five Steps of my signature program The Best Life Blueprint, and will be well on your way to living a life that is balanced, sustainable, and fulfilling.



Marla S.

★★★★★ **Awesome book Action steps included**

Reviewed in the United States on December 7, 2021

Verified Purchase

I read this book in one night as I was going through there were certain issues that I identified that lead to me being stuck. This book asks the question to what we all have answers to but often don't want to face. Yvonne is also an awesome life coach so the book is the first step- contact her directly to take the next step in your journey.

[**Get Your Copy Today!**](#)

Notes



As a Certified Life + Business Coach, Yvonne works with professional women, who desire to live life on their terms, by their rules and aligned with their vision.



Drawing from her personal transformation and solid coaching methodologies, she takes her clients on a journey of self-discovery and vision as they consciously design a lifestyle that reflects their most authentic self and leads them from victim to victor.



Yvonne brings a wealth of experience from her 30+ years in corporate administration and her roles as a trained Community Advocate and Peacekeeper. Her commitment to helping others champion their life is reflected in the passion that she brings into the coaching relationship.



As a result, clients feel more powerful, focused, accomplished and joyful. They create a lifestyle that is balanced, sustainable and fulfilling and move on to living victoriously.

Yvonne Victor ***Life Coach | Life Design***

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