

A close-up photograph of a person's hands typing on a silver laptop keyboard. The person is wearing a blue suit jacket and a gold watch. The background is a plain, light-colored wall.

BUILDING A HOUSE OF CHAMPIONS

LIFE AND BUSINESS COACH

Yvonne Victor
Life Coach | Life Design

INTRODUCTION

EMPOWERING OUR CLIENTS

Coaching has been in practice for over 20+ years and has continued to become an integral part of personal and professional development. Corporations are including Coaching, as an incentive to attract the best talent, as well as develop competencies within their internal staff and Board of Directors.



WHAT IS COACHING?

In short, Life Coaching is a practice that helps individuals to identify, create and achieve personal and professional goals. Through coaching, clients are better able to strategically achieve results and remove limiting behavior and beliefs that interfere with growth.

Any seasoned athlete knows their performance is enhanced by a partnership with a trained Coach. An advocate, who is singularly committed to their success as an athlete. Together, they progress the player from the bench, to the field and from the field to the goal.

Those same principals are applicable to Life Coaching. Working with a Certified Coach increases your ability to meet and exceed your personal and professional goals and you benefit from an accountability partner, whose primary focus is helping you win.

FOUR PILLARS OF COACHING

CLARITY

Coaching helps you find **Clarity**. It reveals your core being, talents and potential. From this position, you are able to properly align yourself within the organization and meet and exceed expectations.

PURPOSE

Coaching supports you in finding your **Purpose**. In a judgment free environment, you explore past experiences, motivations, and accomplishments to discover your “why”. This results in a more fulfilling and enriched work-life.

DIRECTION

Coaching aids in creating **Direction** for your life. You will learn to identify goals and create a strategic plan to get you to the mark. You will minimize missteps, waste and feel more significant and accomplished.

FREEDOM

Coaching also helps you to create a life of **Freedom**. A life that is authentic, expressive and boundless. You will, consistently show up at your job, in your relationships and as a member of your community, as a full expression of yourself.



SERVICES

BUILDING CHAMPIONS

Our practice is positioned to build champions. We desire to shape individuals into resilient, accomplished, balanced and dynamic people who have mastery over their lives.



WHAT DO WE OFFER?

Our practice understands the symbiotic nature of the private and professional lives of your employees and the delicate balance maintaining the health of both. Thus, we coach with both in mind. Our primary goal is to help you groom a dynamic and invested staff. Coaching is the perfect instrument to accomplish those measures.

We offer many different ways to work with us. Each method is designed for a certain level engagement and can be used to accomplish certain objectives. We are committed to providing a coaching program and support that works best for your organization.

1:1 COACHING

One-on-One Life Coaching Sessions are weekly discussions that focus on a particular goal, as designated by the client. Together with the coach, clients move through a trusted methodology, built to get them to their destination.

WORKSHOPS

Workshops offer clients an opportunity to experience coaching in a group environment. The discussions are topic based and learning is interactive. Participants benefit from peer reflections, ideas, discussions and the shared experience.

MASTERMIND

Mastermind sessions are intensive coaching clinics held offsite. The sessions are best for smaller groups such as the Executive Team and the Board of Directors. They are designed to facilitate specific corporate objectives and personal development. Sessions are led by experienced professionals within the Coaching and Health & Wellness industries. Participants may also enjoy leisure time and group activities.



BENEFITS THE WIN

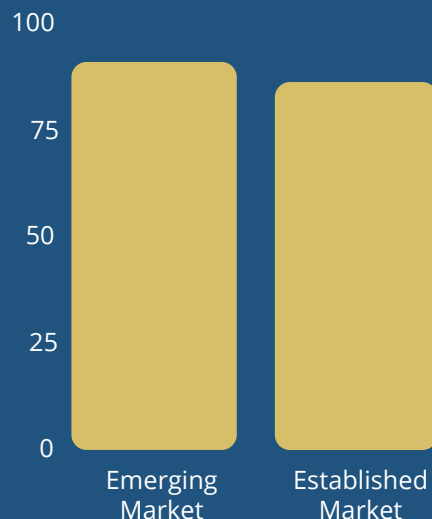
There is one perfect reason for anyone to coach, and that is to yield results. Coaching requires commitment, transparency and action, yet for those willing to invest, the dividends pay exponentially.



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.

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



In data reported in the 2017 IDF Global Consumer Awareness Study, commissioned by the International Coach Federation (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



TESTIMONIALS



GILDA P. WOMBLE
CEO, INSTEPP INC.

Yvonne has worked with our nonprofit organization over the past year to help move our clients closer to long term self-sufficiency. She is able to quickly get to the core of every situation by pairing her no-nonsense, straightforward approach with careful listening.

Yvonne has been very successful at helping our clients to think more deeply about themselves and to chart a more positive course forward for their lives. Her unique approach to coaching has made it easy for our clients to transition effectively and quickly between content and implementation.



Every challenge I have faced I have been able to rely on Yvonne to remain calm and level headed, to help me focus on the impermanence of the situation and remain future-focused. During rough times, Yvonne is a rock. She has an amazing ability to step back and look at the big picture, keep me out of my head, and help me develop and stick to a plan that keeps my long-term goals alive regardless of short-term challenges or hiccups. Yvonne's amazing ability to simultaneously keep things "real" and also be compassionate and loving, has definitely had an impact on me.

ANGELEAN H.

No matter where I was in life, Yvonne has always been there to listen and encourage me through the ups and the downs. Working full time and making a three-year commitment to go to law school, through the night school program was a big decision to make. Yvonne and I talked at length about the pros and cons. She helped me make the choice to put in the effort and pursue my passions, and I have never regretted it. Yvonne is a true friend and a great guide to whatever life has to bring.

JEFFERY P.





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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