

Making a Difference Life Coaching and Career Planning Program



Welcome to a journey of personal discovery and growth!

We invite you to join us either as an individual seeker of powerful and profound personal growth or as a challenging, caring, and professional coach - or both!

This unique life and career coaching program is based on Pamela's experiences as a coach, counsellor and consultant and on her many years of research. This program is designed to fill a gap she often experienced in her work as a coach - having a comprehensive framework to support the coaching process, without being too rigid and inflexible in supporting your personal growth.

This program is for anyone who has reached a point in their life and career journey when they want to make a real difference. It is delivered with the support of a skilled, professional, challenging and caring coach who has attended a Pentangle Certified Coach Program.

This program is not prescriptive in that you can decide with your coach where you need to start, the pace at which you want to move through the program, how much you want to work through with your coach and how much you want to work through on your own. The program is supported by sixteen personal learning journals that cover every aspect of personal and career growth. Each journal offers insights and understandings about different aspects of self or career. To help you decide where to start, your coach will guide you through the first two journals and a comprehensive personal growth needs assessment, and, to ensure the coaching supports your life or career journey, each coaching session closes with a review of what you have discovered about yourself and an integration exercise to help you turn your intentions into actions.

The Making a Difference Life Coaching and Career Planning Program is based on a unique framework developed by Pamela Wakefield-Semmens that helps you to reflect on you past, examine where you are today, and to explore what you need to do to make the changes you want to make to your life.

This unique program combines theory with practical application and has been designed in such a way that it can be completely customised and personalised to your individual needs. Your coach will work with you to help you achieve the quality of life, career success, or business outcomes that you have been dreaming about.

Some of the areas you might work with your coach on:

- | | |
|---|---------------------------------------|
| Achieving a healthy work / life balance | Powerful positive Relationships |
| Greater self Awareness | Clarifying your life purpose |
| Self - esteem and motivation | Personal efficiency and effectiveness |
| Promoting and marketing yourself | Communicating effectively |
| Managing and making a brilliant career | Becoming more resilient |
| Personal fitness and wellbeing | Being a great leader |
| Changing poor financial habits | Creating personal wealth |
| Challenging personal myths | Positioning your business for growth |
| | Minimising stress and anxiety |

For further enquiries regarding becoming a Pentangle Master Certified Coach or finding a Pentangle Master Certified coach please go to the Pentangle Website at <http://pentangle.com.au> or contact Pamela via email to pamelaws@pentangle.com.au