

The Circle of Life™ Coaching System

Are you stressed, feeling out of balance, or neglecting your own self-care, health and creativity? Do you feel unclear, stuck or have difficulty balancing expectations, prioritizing and moving forward with aspects of your life that are important to you?

What is Circle of Life™ Coaching?

Circle of Life Coaching uses a holistic approach that incorporates 12 areas of life - understanding that each aspect of our life affects the whole.

Our focus is on helping people who want better health, less stress, to lose weight, have more energy, achieve greater work/ life balance, or deepen their spirituality. Together, we clarify your goals and then create an individualized, realistic plan, with doable action steps. We use a supportive learning, step-by-step and “fail-safe” approach.

Circle of Life coaching is also effective for those who need support dealing with stress at work or home, as well as for those facing challenges or life transitions in health, family, relationships, finances, or work.

Individual Coaching: Generally, individual clients are coached by phone or in person once a week or twice a month as necessary. **\$65 per session.**

Call to request an individual enrollment form, or go to www.scclanc.org and click on Events.

How Does It Work?

YOU decide what you want to create, change or improve in your life. The coaching process will keep you on track and help you realize your vision.

Six Phases of the Coaching Process:

Phase 1: Assess 12 Areas of Your Life
Identify and acknowledge your strengths

Phase 2: Clarify Your Intention & Goals

What do you really want? How will you measure progress?

Phase 3: Design your “Blueprint for Success”
Learn mind-body self-care practices

Phase 4: Create a realistic step-by-step action plan that works for you

Break goals down into small action steps

Phase 5: Get support from your coach or group members

Tap into your inner wisdom and external resources

Phase 6: Commit to a Plan and Practice Accountability

Learn how to revise what is not working for you. Celebrate victories!



SAMARITAN COUNSELING CENTER
Here for hope and healing

1803 Oregon Pike, Lancaster PA 17601

600 E Main Street, Lititz PA 17543

717.560.9969

Group Coaching: A fun and inexpensive way to jump start your change process!

Groups of 4 to 8 people meet for a series of sessions totaling 10-12 hours.

Each member works on their individual goals while being facilitated in a safe and supportive group learning process.

Spring 2011 Circle:

Saturday, March 5 8:30 AM – 12:00 PM

Tuesday, March 8 6:15 PM – 8:00 PM

Tuesday, March 22 6:15 PM - 8:00 PM

Tuesday, April 5 6:15 PM - 8:00 PM

Tuesday, April 19 6:15 PM - 8:00 PM

Tuesday, May 3 6:15 PM - 8:00 PM

Our spring group begins with a mini-retreat on Saturday morning, and is followed by five coaching sessions every other Tuesday evening.

Cost: \$215 payable at registration.

Deadline to register: February 28, 2011

EARLY REGISTRATION DISCOUNT:
\$195 if payment received by February 14, 2011.
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What Can I Expect?

In the Circle of Life™ you will be fully supported in learning how to:

- Balance your life: work, self-care, relationships, play, finances, family.
- Reduce stress and energize yourself with 1-5 minute self-care practices you can easily weave into your daily routine.
- Navigate major life choices in a focused, healthy and supported way.
- Utilize your strengths effectively.
- Make skillful life changes and stop guessing what to do next.



"I was depressed and overweight. In my Circle coaching, I assessed what drains me and what gives me energy. By implementing self-care, I have a new job that I love, lost 40 lbs. and feel energized!"-S. Beale, RN, IL.

How Can I Benefit from Circle of Life™ Coaching?



Circle of Life™ Participants report benefits such as:

- Taking time for my self-care
- A renewed connection with creativity
- Feeling more joy, passion and purpose in my life
- Breaking through 'stuck' areas
- Getting well...Staying well
- Lowered stress - greater well-being
- Ability to trust ... and follow my heart



Circle of Life™
Linda Crockett
Certified Coach
Lcrockett@scclanc.org

717 .625 .1722
Samaritan Counseling Center
Lancaster, PA

"We are all looking for personal transformation. The Circle of Life shows us the way. One goal, one step, one action at a time."

Jim Kulma, Director of Spiritual Care, Cleveland Clinic Health System, Ohio

Circle of Life™ Coaching



THE CIRCLE OF LIFE

Mind/Body/Spirit Life & Wellness Coaching

*If You Could Change
Anything In Your Life
What Would That Be?*