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NEWS



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Coaching Towards a Full & Transformative Life



Merlin Schaefer, DDS

After five or six decades of an active, challenging life, it is only natural to want to review your current state in order to ensure a life of fulfillment and happiness moving forward. Having an introspective discussion and setting up a plan are what brings all of our wishes and desires to fruition.

It is quite unlikely that we could achieve our desires just by chance. Therefore, a conscious strategy is in order. A review of your plans with a life coach who is experienced in such strategies and implementations would be a helpful exercise.

Most of us want a full, complete, and happy life, but we struggle to achieve it on our own. Even if we are independent, self-motivated, or downright desperate, it can prove quite difficult to make those changes.

A life coach does not act as a therapist, counselor, or health care provider. Psychological intervention lies outside of the scope of life coaching. Instead, we focus on moving forward through goal attainment.

Life coaches work with clients who have not obtained their personal objectives. By focusing on their careers, family, and other situations, they have overlooked their needs. Through introspection, guided questions, thoughtful discussions, and coaching techniques, clients are able to explore their personal desires for a happier, more fulfilling life that is free from limitations.

Through coaches' experiences in life and formal training, they help clients assure themselves a full, complete life. Through a co-creative process, their clients are able to expand their horizons far beyond their expectations and achieve the transformations they seek.

Life is a continuum. Why not begin the transition now?

Coaching is an effective process that supports individuals in creating something new for themselves. Coaches provide perspective and support for self-knowledge as they accomplish their business and/or personal goals.

Merlin Schaefer is a life coach with offices in Longmont and Boulder. His emphasis is on career changes and life planning for a life of happiness and fulfillment. Visit <https://thenewhorizoncoach.com> and take the Schaefer Life Assessment for free! Call 303 306 8796 for a complimentary session!

Ready to Expand Your Horizons?

Reflecting on the Present • Creating Your Future

Through coaching, you can stretch your horizon, obtain a new outlook on life, and pursue experiences you could not previously envision so that you can move forward in a Full and Transformative Life.

Merlin Schaefer, DDS

Call Today for Your Complimentary First Appointment!

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