



Paula M. Allen, ACMC
Certified Life Coach

ABOUT THE FACILITATOR

Hi, I am Paula Allen, a life success coach, entrepreneur and ordained minister. I live in Anchorage, Alaska and I have over 30+ years in construction, the Alaska oil and Gas industry, and business administration. I have a B.S. in Business Administration, Master Practitioner Certification in Neuro Linguistic Programming and an Associate Certified Meta Coach credential through the Institute of Neuro-Semantics. My mission is to "awaken, enlighten, edify and empower you into free, holy and fearless living".

Testimonies

Paula is an excellent communicator who leads by example. She has the personality, skill, teaching ability and attitude that make her a natural leader that people are drawn to. Her ability to make even the most complex concepts understandable and easy to learn are a quality that is rare and highly sought out in today's business environment.

—H. Allen Sanders, Quality Control Manager

I have known Paula for several years now, She is a wonderful, compassionate, and empathetic coach who brings healing to the whole person" spirit soul and body. I recommend her highly —Mike Davis PhD, Corporate Trainer, Therapist & President of Patterns for Renewing the Mind

Testimonies (continued)

I have been extremely blessed by Paula Allen's personal coaching, teaching and mentoring. There was a time I felt like quitting because I felt inadequate, but she helped me change my focus, become more productive, and actually enjoy what I was doing. —Fran Linn, Minister

I have known Paula Allen for 15 years and one thing about her has always amazed me; her ability to take an idea and create something profound....She is extremely gifted in mentoring and sharing her acquired knowledge. Her honesty, integrity, and work ethic are modeled in everything she does. —Tiffany Chavers, Business Owner & Project Analyst



Transformation from the inside out!!!

NEW LIFE PATHWAYS COACHING & TRAINING

<http://newlifepathways.net/GIG.html>

Phone: 907-230-0686

E-mail: life-coach@newlifepathways.net



**GET IN GEAR
FOR THE NEW YEAR
- LIVE LIFE ON PURPOSE
- PLAN FOR
SUCCESS IN 2010**

Online Group Coaching Experience

Evenings 7:00pm PST

Tuesdays,

January 5, 12, 19, & 26, 2010

ENROLL TODAY

To Get More Details Visit

<http://newlifepathways/GIG.html>

The Group Coaching Experience of the Year!!!



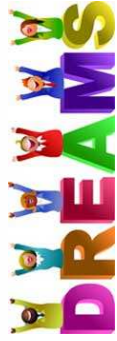
Get Your Life in Gear for the New Year is an exciting group coaching experience that will propel you into one of the most pivotal years in your life.

You will be given the tools and skills you need to start your own personal revolution in 2010 and unleash the possibilities and potential *your life* has to offer while learning in a team environment.

We all have dreams and visions that are waiting to be birthed and realized. Unfortunately many people year after year, keep wishing and hoping. They make New Year Resolutions they don't keep and set goals they never achieve. They seem to be unable to accomplish anything meaningful for themselves or for others. They often feel powerless and ineffective, and live happenstance lives standing on the sidelines watching others live their dreams.

YOU CAN LIVE YOUR LIFE ON PURPOSE

YOU CAN LIVE YOUR DREAMS



Jump Start 2010

I will show you step-by-step how to:

- Take the Lessons Learned in 2009 from your life to propel you into a dynamic and fulfilling 2010.
- Move you from "hope so" to "know so" action steps.
- Actualize Your Goals by Creating Well-Formed Outcomes, making them tangible.
- Learn WYSIWYG (What You See Is What You Get) Principles that manifest your desires.
- Overcome Your Limiting Beliefs and Negative Thought Life.
- Find and Focus on the Big Payoffs and create genuine fulfillment.
- Exchange "bus-i-ness" to work on the *Right Things*
- Live Your Life with Intentionality.
- Identify your Key Performance Indicators for Your Own Personal Success
- Finding a healthy balance between "Rust Out" and "Burn Out"
- Move from being Stressed Out (Reactive) to Blessed Out (Proactive)

Start 2010 Right!!!

Your Group Coaching Program Includes:

- 4 - 1.5 hour Group Coaching Sessions
- 1 Individual Coaching Calls 45 minutes
- Lessons Delivered to Your Email Weekly (or available for download)
- Weekly Homework Assignments / Exercises/Affirmations
- Free E-Book, "Think & Grow Rich" By Napoleon Hill
- Access to Weekly Teleconference Group Coaching Calls & Website
- Up to 25% Discounts on Future Group Coaching Events
- 24/7 Access to One Free Online Interactive Coaching Session
- One Free DeskTop Spa Session (learn relaxation methods that heal)

Your Investment \$297.00

Visit Website for Group Discount Info

