

Accountability Coaching Associates

Patricia Clason *RCC*

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Is Coaching what you need??

Here is a quick self-test to determine if you could benefit from success coaching. On a scale of 1 to 7 (1= seldom to 7= very often), rate yourself on how much you struggle with these issues which are *common blocks to success*.....

- _____ Procrastination
- _____ Time management problems
- _____ Difficulty in relating and building rapport with others
- _____ Lack of Balance between work life and home life
- _____ Negative self-image
- _____ Perfectionism
- _____ Stagnation in comfort zones or habits
- _____ Lack of Assertiveness
- _____ Fear of failure
- _____ Fear of success
- _____ Lack of Organizational skills
- _____ Low Self-confidence
- _____ Fear of public speaking or presentations
- _____ Anger/frustration

_____ **Total** If your total score is over "40" or any one score is over "4" you could likely experience personal and business growth by working with a success coach.

I work with individuals who desire growth, success, and balance in all aspects of their lives. My individualized coaching services integrate the science of human behavior with your business strategies to help you discover new levels of achievement. If you are ready to raise your level of effectiveness and increase your satisfaction, CALL!

Free Coaching Assessment

- Yes, I want a complimentary assessment session at no cost or obligation.
Please contact me immediately!

Name _____ phone (_____) _____

Make that call NOW.....

(414) 374-5433 (800) 236-4692 fax (414) 374-3997

The ultimate in fitness is a personal trainer,
the ultimate in life success is a personal coach!

You deserve the best, give yourself a gift of

ACCOUNTABILITY COACHING

Patricia Clason & Associates

www.lightly.com

www.coachfederation.org

Coaching for Business or Personal \$ucce\$\$

*We will help you clarify your goals and define a plan
to meet your success challenges.*

*Then we'll be there to coach and guide you to
the new level of success that you desire.*

Milwaukee (414) 374-5433 Outside Metro Milwaukee (800) 236-4692

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*"I have accomplished more with Patricia's guidance than I ever could on my own.  
My dreams became her dreams and together we made them happen. Thank you Patricia!!*

**Mary Angela Theys, Unique Plants and Floral**

*"As a coach, Patricia offers just the right blend of support, assertiveness and a wealth of good information on time management, organization, self-motivation and goal setting to help me stay on track. The coach concept is extremely effective and so is Patricia. I highly recommend her to anyone serious about being accountable for and actually achieving their goals and dreams."*    **Laurel Kashinn, Graphic Designer/Writer, Blue Rose Digital**

*"Patricia has helped me move rather easily through the fears and resistances I face in building my business that used to stop me dead in my tracks before. After our coach call, I am once again a locomotive at full steam!"*

**Jay Edgar, Edgar Resources, Coach**

*"Thank you for all you did for me. I feel much more confident about marketing.  
It has become a way of life."*    **Colleen Lantzy, Psychotherapist**

*"The business coaching our management team has received from Patricia Clason has been invaluable! She has helped us to focus on our goals, develop clear processes to achieving those goals and have fun while making it all happen. Patricia has guided through being a company to becoming a team! I recommend her business coaching to anyone that wants to succeed"*    **Mark Krause, Krause Funeral Homes**