

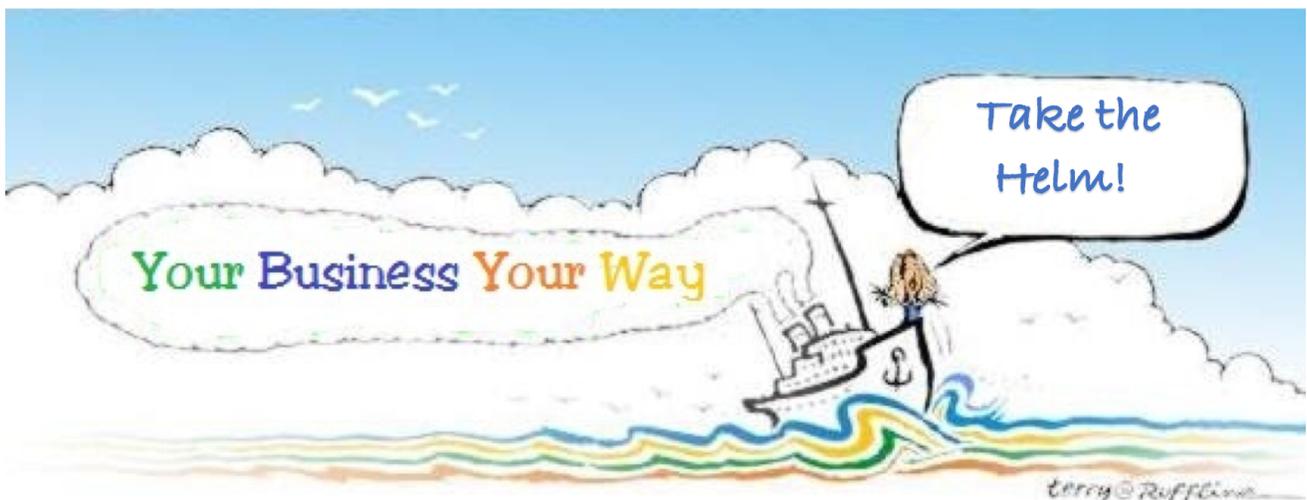
Take the Helm!

JUMPSTART YOUR
BUSINESS...

*Four Simple Methods to get
back to a bolder business*

IRENEANDERSON.COM

A Coaching workbook
By Irene Anderson...



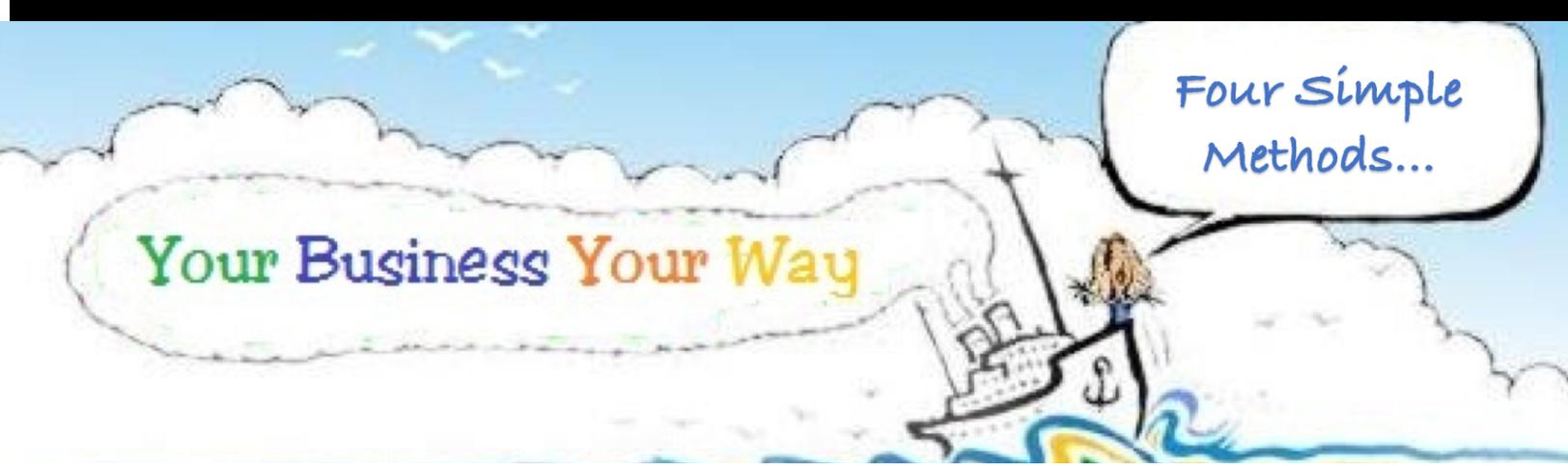
Meet Irene

I love to help people become their best selves. transition and change is with us always, we are constantly re-inventing ourselves and that requires commitment and a process.



With my experience as a career transition coach and with my expertise in Personality Type and Temperament I help people find that new path, or just get back on the path they drifted from. My coaching and training are results driven, but in a gentle and persuasive way. I will hold you accountable and make sure you do the work to move ahead no matter what you choose to do.

You own your destiny, I am just here to light the path and give you encouragement and tools to help you succeed. Let's Get started...



Your Business Your Way

Four Simple Methods...

Take Time Out! (DISCOVER!)

First admit to yourself that you are stuck! Then take time to shift perspective, rethink, re-focus. Talk to a coach - take a walk! Minimize negative self talk. Take an uplifting class!

List Major Accomplishments (DREAM!)

Think of a recent big win you had. Replay it in your mind. How did it make you feel? Create an achievement scrapbook with awards - big contracts and reflect on what got you there. You have done it before you can do it again!

Get Back to Basics (DESIGN!)

This is where you go back to the basics like goal setting and deciding your prices. Watch what activities are taking up your time are they draining? Are they adding value? If not ditch them! Focus on one thing that will kick start your idea or project.

Get into action! (DELIVER!)

Just do it! If every day you do one small thing, that's better than nothing. Celebrate your small wins. Get an accountability partner - like a coach or a good friend who won't let you wriggle off the hook. Share your results!



1. *What will you do to Rethink - Re-energize - Re-focus?*

Taking time out to reflect on where you are right now - can help the process of rethinking..

2. *List at least three major accomplishments..*

Visualize yourself in this situation- where were you? What were you feeling?

3. *Back to basics...*

With this exercise clean out your workspace - make room for new goals...

4. *Get Into Action!*

Take one small step... make progress on goals a day at a time...



**TO YOUR
SUCCESS!**

Thank You...

I thank you for taking the steps you need to take to get back in the game...

Remember "It's Not over 'til it's over!"

Warmly, Irene

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