

## WHO ARE YOU?

### DO YOU WANT MORE?

more fun  
more joy  
more clarity  
more freedom  
more fulfillment  
more balance  
more peace of mind  
more simplicity  
more success in work and life

### OR DO YOU WANT LESS?

less stress  
less confusion  
less anxiety  
less self-doubt  
less financial pressure  
less fatigue  
less procrastination?

**COACHING HELPS YOU GET  
WHAT YOU WANT...A BETTER  
QUALITY OF LIFE.**

## HOW IS COACHING STRUCTURED, AND WHAT ARE THE COSTS?

People improve their lives in stages. Coaching is set up to accommodate that change happens over time. Clients may agree to one or more phases of coaching.

### Phase I First Month

Consists of initial intake meeting with the coach in person, three weekly phone sessions, and one completion meeting in person.

Time: 4 hours Cost: \$300

### Phase II Second Month

Consists of four one-half hour weekly phone sessions.

Time: 2 hours Cost: \$150.

### Phase III Third Month

Consists of 2 one-half hour phone sessions every other week. Time: 1 hour Cost: \$75.

**On-going Small Support  
Groups.** One hour weekly, \$10.

## THE PURPOSE OF COACHING IS TO "FORWARD THE ACTION!"

As Bob Dylan said, "the times they are a 'changin' ".

Are you changing with the times? Are you willing to have a professional coaching relationship powerful enough to help you make those changes?

The coaching relationship is powerful because it is an alliance specifically designed to meet the basic needs of the client, and is based on truth, trust, and deep listening of those needs.

Two forces, action and learning, combine to create change.

**"IF WE DO NOT CHANGE  
DIRECTION, WE ARE LIABLE TO  
END UP WHERE WE ARE  
HEADED."** Confucius

## MEET THE COACH

### GLENDA HESSELTINE, M.A.

“ A coach’s job is to design a powerful alliance with the client, creating a relationship of trust and support that allows the client to step beyond where they would normally stop. Imagine a relationship with a person who is sometimes even more committed to what you want in your life than you are!”

Glenda brings to the coaching relationship a Master’s degree in counseling psychology, as well as eighteen years as a health educator, Tai Chi instructor, and stress reduction trainer. She taught for seven years at Kaiser Permanente in the Central Valley. She uses traditional and innovative techniques to help clients move to their highest level of achievement of personal and professional goals.

## BENEFITS OF COACHING

- POSITIVE CHANGE
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- FORWARD MOVEMENT
- 
- CLARITY
- 
- ACCOMPLISHMENT
- 
- FULFILLMENT
- 
- BEING UNSTOPPABLE
- 
- DISCOVERY OF REAL STRENGTHS
- 
- DYNAMIC BALANCE

Prime Force Life Coaching  
915 Madrone Ave.  
Eureka, Ca. 95503  
707 268-3936  
[gkhesseltine@yahoo.com](mailto:gkhesseltine@yahoo.com)

**prime force**  
LIFE COACHING  
*“evolution to excellence”*



**Glenda Hesseltine**  
**(707) 268-3936**  
[gkhesseltine@yahoo.com](mailto:gkhesseltine@yahoo.com)