

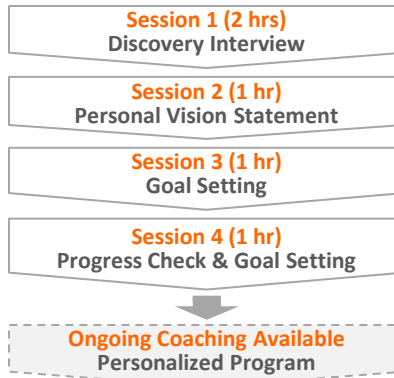
Imagine helps people turn their **IMAGINATION** into **ACTION** by solidifying aspirations into goals...and goals into action. The basic premise of Life Coaching is that establishing goals can unlock your positive mind, releasing ideas and energy and giving you meaning, purpose, focus and a sense of direction. Attaining these goals, in turn, releases positive energy, increases momentum and confidence, and provides you with the ability to control the direction of your life.

The key objective of Life Coaching is to provide you with the structure and accountability to help you discover your dreams, make your own key decisions, and achieve your goals through the following steps:

- 👤 Assess your current level of satisfaction and balance
- 👤 Clearly identify and articulate your goals and desires
- 👤 Develop strategies to overcome roadblocks
- 👤 Identify and eliminate limiting beliefs – shift your paradigms
- 👤 Be held accountable for specific actions towards your goals
- 👤 Step outside of your comfort zone to achieve your goals

Are you ready to kickstart your life?

Our **LIFE COACHING KICKSTART PACKAGE** offers one month of Life Coaching to define your life vision and provide you with the alignment you need to move forward with purpose and direction. Following an initial discovery interview, the coach will create and present your own personalized vision statement. Also includes two sessions focused on defining specific goals and actions to help you move towards your vision.



Recommended three month commitment with multiple session discounts provided
Single hourly sessions also available

Coaching sessions are available either in person or over phone (free with Skype)
We offer a 20% discount to Definition Fitness Members!

*** BOOK YOUR FREE 30-MINUTE INTRODUCTORY GOAL-SETTING SESSION ***

Imagine also provides customized **LIFE COACHING GROUP SESSIONS**

Kick Start
LIFE COACHING

“When working with Michelle, I am energized and focused because she radiates those qualities. Her insight and ability to see through to the core solutions exemplifies the best in coaching practice. Her well rounded experience and training in the professional coaching industry helps her clients clarify core values in order to establish clear goals and make them actionable.

Michelle fulfills the professional coach role with expertise, integrity, and energy.”

Ron Stebelton, M.Ed., CPC,
CEO/Founder Eagle Leadership Consulting

“Through my sessions with Michelle, I was able to overcome the inertia of making changes in various aspects of my life. Much of what I “needed” to do was known to me but with Michelle’s help, I was able to prioritize and make significant progress against my goals. Although I was unsure what exactly to expect when I initially began the program, I am thrilled with the results and look forward to continuing the Life Coaching program with Michelle.”

Rick Birkenstock, Group Vice President, IT Professional Services

“My work with Michelle revealed realistic and achievable outcomes. Her communication is straight-forward and confident which allows a clear understanding and focus. This makes way for the ultimate goal: success!”

Bev Barton, Entrepreneur



Michelle Linton helps people “imagine”, or turn their imagination into action, at an individual level through Life Coaching and at an organizational level through Business Consulting. She also provides leadership development and team coaching to executive and management teams. Michelle is a Certified Professional Coach with an Honours Bachelor of Business Administration, Minor in Psychology from Wilfrid Laurier University.

Through her own life experiences and significant work-life balance choices, Michelle has become a strong believer in pursuing and finding your personal life mandate and aligning personal paradigms and goals to that mandate. Recent training for marathon running has given her a great opportunity to apply measurable goal-setting.

Michelle can help you close the gap between where you are today and where you want to be tomorrow, enabling you to reach your potential through effective goal setting and accountability. Contact us for more info!