



ALIVE

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**Coaching: What it's all about**

Coaching is a teaching or training process in which an individual gets support while learning to achieve a specific personal or professional result or goal. The structures, models and methodologies of coaching are numerous, and may be designed to facilitate learning new behavior for personal growth, or professional advancement. Liliane de Vries uses a method called AutoSomatic Training as she is a certified practitioner. She is also an RPN (Registered Practical Nurse), CPCC (Certified Professional Co-Active Coach) with training in ORSC (Organizational Relationship Systems Coaching), and holds a Certificate in Workplace Wellness & Health Promotion with over 30 years of experience working with men and women.

The following is a list of the most common forms of coaching Liliane offers:

- One-On-One Life Coaching
- Relationship Coaching
- Team Coaching
- AutoSomatic Training

Coaching to Liliane is about Creating an extraordinary life and bringing life to a world of uncertainty.

What will a coach do for me, specifically Liliane de Vries?

- Ignite your potential
- Listen to what you are saying and what you are not saying
- Be honest when no one else will
- Help you set achievable goals
- Help you identify your passions and values, and live by them
- Help you discover your life purpose
- Help you discover other perspectives
- Challenge your limiting beliefs
- Help you achieve balance

For more information, visit [www.alivetobeyou.com](http://www.alivetobeyou.com) or call 416.222.7477.