

CROSWELL COACHING

LIVE INTENTIONALLY ALWAYS



***Move From Stuck to Unstoppable:
Learn how to Transform Your Life
and Career with our expert team.***

WHAT IS LIFE COACHING?

WHAT CAN YOU EXPECT FROM A COACH?

A life coach is a type of wellness professional who helps people make progress in their lives in order to attain greater fulfillment. Life coaches aid their clients in improving their relationships, careers, and day-to-day lives.

Life coaches can help you clarify your goals, identify the obstacles holding you back, and then come up with strategies for overcoming each obstacle. In creating these strategies, your coach targets your unique skills and gifts. By helping you to make the most of your strengths, the coach provide the support you need to achieve long-lasting change at home, at work, or in other areas of life.

What a Life Coach Can Offer

One of the main benefits of working with a life coach is the ability to gain a fresh, informed perspective on problems that you face. In addition to offering new insight into challenges, a life coach can help you to zero in on negative patterns or mindsets that could be standing in the way of your success.

Many people view working with a life coach as a means of bridging the gap between your current circumstances and the life or leadership you'd like to achieve. The following are some of the positive outcomes that could result from joining forces with a life coach:

- Better work/life balance
- Build momentum toward goals
- Sustained success at work

- Elimination of long-held fears and anxieties
- Enhanced creativity
- Greater financial security
- Improved communication skills
- More satisfying work life
- Stronger relationships with friends and family

Additionally, people frequently pair up with life coaches in order to work through barriers that may interfere with finding a partner. Many people also look to life coaches for help in identifying their passion and carving out their ideal career path.

Support and Accountability

Since sessions typically take place on a regular basis over a prolonged period of time, life coaches can ensure that their clients are implementing what is necessary to experience significant change.

For a great number of clients, accountability is one of the prime advantages of working with a life coach.

Along with providing the support and motivation essential for maintaining momentum, coaches can observe when a client is stuck or needs to recalibrate their goals. As a result, clients often achieve those goals more quickly and efficiently than they would if working on their own.

Source: <https://www.verywellmind.com/what-is-a-life-coach-4129726>



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BENEFITS OF A COACH

Impact of Life Coaches

While people may report subjective benefits after seeing a life coach, there have also been studies that have shown that life coaching can be beneficial in a number of areas: One study found that both individual and group coaching was helpful in **reducing procrastination and improving goal attainment**. One review of studies found that health and wellness coaching showed promise for **improving self-efficacy and self-empowerment**.

A 2020 study published in *Frontiers in Psychology* found that **coaching-based leadership interventions** could be effective for **enhancing well-being and improving functioning within organizations**.

Research also suggests that life coaching can have a range of other positive effects, including improvements in personal insight and improve self-reflection. It may also help improve overall mental health and quality of life.

“

Yes! You can improve you life balance, crush your goals, and start spending more time doing what you love with the people you love. It is not impossible, it is not out of reach, it is in your power to change your life one small step a time. And I'll be there to help you all the way to the finish line.

”

Tips

Life coaching sessions can take many different forms. For example, some life coaches meet with their clients in person, while others conduct their sessions over the phone or by Skype.

If you're thinking of working with a life coach, keep in mind that it's up to you to decide what you'd like to focus on in your coaching sessions. Each session should leave you feeling empowered and uplifted,

so it's critical to find a coach whose style and philosophy resonate with you.

Source: <https://www.verywellmind.com/what-is-a-life-coach-4129726>

Meet The Team



MINDSET & LIFE BALANCE COACH

Integrated Cognitive Behavioral Coaching (ICBC) or Mindset Coaching is a type of coaching that combines elements of cognitive behavioral therapy (CBT) with traditional coaching methods. It is a structured, goal-oriented approach that helps individuals identify and change negative thoughts and behaviors that may be holding them back in various areas of their lives.

ICBC involves setting specific, measurable goals and working with the client to develop strategies and techniques to achieve those goals. It may also involve techniques such as role-playing, visualization, and journaling to help the client develop new skills and approaches to problem-solving and decision-making.



FUNCTIONAL MEDICINE HEALTH COACH

Functional medicine health coaching is a holistic approach to healthcare that focuses on identifying and addressing the root causes of illness and promoting overall well-being. It takes into account an individual's unique genetics, environment, and lifestyle factors, and aims to support the body's natural ability to heal and maintain balance.

Functional medicine health coaches work with clients to create personalized wellness plans that may include dietary and lifestyle changes, stress management techniques, and supplement recommendations. They often use a variety of tools and techniques, such as functional lab testing, to help clients identify imbalances in the body and address them through targeted interventions.



FITNESS & NUTRITION COACH

Fitness and nutrition coaching is a type of professional guidance and support provided to individuals who are looking to improve their physical fitness and overall health through exercise and proper nutrition. A fitness coach or nutrition coach can work with clients to develop a personalized exercise and nutrition plans, provide support and accountability, and help clients make lifestyle changes that support their fitness and health goals.

Fitness coaching may involve helping clients design and implement safe and effective exercise programs, providing guidance on proper form and technique, and helping clients set and achieve specific fitness goals. Nutrition coaching may involve helping clients plan and prepare healthy meals and snacks, providing guidance on portion sizes and food choices, and helping clients make healthier eating habits.

Total Transformation Coaching

Crush your goals with a dedicated team of experts!

What Is Total Transformation Coaching?

Are you ready to take your life to the next level? Introducing Total Transformation Coaching, also called, **360 Coaching** - the ultimate coaching package designed to help you achieve your goals in *every aspect of your life*.

With 360 Coaching, you'll receive not one, not two, but three expert coaches to guide you on your journey. You'll work one-on-one with a mindset coach, a fitness & nutrition coach, and a health coach, each with their own unique expertise and approach to help you become the best version of yourself.



How It Works

Here's how it works: you'll receive 8 sessions with each coach to focus on the goal of your choice. Whether you're looking to build confidence, lose weight, or improve your overall health, our team of coaches will work together to create a personalized plan just for you.

But what really sets 360 Coaching apart is that you get all three coaches for the price of one. That's right - you'll receive the expertise and

guidance of three coaches for the cost of a single coaching package.

Who Is This For?

360 Coaching is the perfect solution for anyone looking to achieve their goals in every aspect of their life. This comprehensive coaching package provides one-on-one sessions with a mindset coach, a fitness & nutrition coach, and a health coach, all working together to create a personalized plan to help you become the best version of yourself.

If you struggle with self-doubt, lack of motivation, or simply don't know where to start when it comes to improving your overall health and well-being, 360 Coaching is the perfect solution for you. The team of expert coaches will help you identify and overcome limiting beliefs, create achievable goals, and provide the support and guidance you need to make lasting changes.

Whether you're looking to lose weight, build confidence, or improve your overall health, 360 Coaching can help. And with the added benefit of receiving three coaches for the price of one, it's a cost-effective way to get the personalized coaching and support you need to succeed.

Ready To Get Started?

So if you're ready to take your life to the next level, sign up for 360 Coaching today. You'll receive personalized coaching from three experts, all for the price of one. Don't wait - start your journey towards success today.

Additional Services

WHAT KIND OF COACHING DO I NEED?

The kind of coaching you need is unique to you and your season of life. Review the list below to see what's available.

Life Balance Coaching

Life balance coaching helps functional people achieve their personal and relationship goals in a healthy and sustainable way. It is not a substitute or replacement for traditional therapy provided by licensed clinicians trained to treat mental, emotional, and psychological disorders. The purpose of coaching is to facilitate personal success through assisted accountability. The Life Coach knows that the client is the expert in his or her own life!

Leadership Coaching

Leadership is a skill, not a personality trait. This means that it is something that anyone can become great at. Leadership coaching helps you develop the skills needed to become a successful leader whom people willingly follow. It also keeps you accountable to continual growth. Whether you are an executive, team leader, parent, CEO, or responsible for a group of people - leadership coaching can improve your leadership.

Life Transition Coaching

Life transitions can be chaotic, stressful, demotivating, and even traumatizing. It is easy to feel stuck in the transition and incapable of moving on in life again. Life Transition Coaching helps you reconnect with your strengths, your coping strategies, your relationships, and

mental clarity. Whether you're planning to or recently experienced a move, a graduation, loss of a job, retirement, or the end of a meaningful relationship - Life Transition Coaching can you get unstuck.

Spiritual Growth Coaching

Your relationship with God is supposed to be a place where you find rest for your soul. For many, however, journeying with Jesus can sometimes feel complicated, causing that rest to elude you. This is not God's desire for your relationship with Him. It's why scripture emphasizes that we are not meant to do life in isolation. As your Spiritual Growth Coach, I help you rediscover the joy and rest of growing in Christ by bringing clarity to your walk with God.

Mindset Coaching

A confident mindset is critical to achieving your calling, goals, and dreams in life. You can cultivate this mindset if you are willing to open yourself up to new ways of thinking. As your mindset coach, I help you identify your limiting beliefs and develop clear strategies for overcoming them. Furthermore, you will learn how to replace the limiting beliefs with more honest and empowering beliefs that position you for long-term success and fulfillment in life.

Source: <https://www.paulwcroswell.com/coaching>

TEAM SERVICES

DEVELOP A WINNING TEAM WITH OUR COACHES

We work with your team to develop their proficiency in any of the following areas.

**Organizing &
Prioritizing**

**Leadership &
Management**

**Proficiency of
Responsibilities**

**Execution of
Responsibilities**

**Professional
Communicaiton**

**Conflict
Resolution**

“TEAMMATES MUST BE ABLE TO COUNT ON EACH OTHER WHEN IT COUNTS” - JOHN C. MAXWELL

When you lack confidence in a team member, you compromise the integrity of your vision, your leadership, and your organizations ability to make a difference. In contrast, when you have complete confidence in your team's ability to execute their responsibilities well you build indistractable momentum towards achieving your organization's vision.

Through individual or group coaching, I help you develop a team with which you can be excited to share your vision and have confidence in your ability to achieve it together.

COACHING PACKAGES

**FOR PRICING INFORMATION ON
INDIVIDUAL OR TEAM COACHING
CONTACT US TODAY.**

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