

PAUL W. CROSWELL

# MINDSET+LIFE COACHING

SUCCEED AT WORK - THRIVE AT HOME



***Cultivate your full potential and the full potential of your team with experienced and strategic coaching.***

# 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 Balance 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>



# YOUR COACH | PAUL W. CROSWELL

## 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.

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*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.*

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### 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>

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Reaching your next goal may be the step that completely transforms your life and the lives of countless other. Don't give up.



## PAUL'S COACHING PROCESS

### CLARITY

The first focus of your coaching journey will be helping you to gain maximum clarity on your goals, the potential hurdle to reaching them, and the master plan for overcoming your hurdles and reaching your goals. Pursuing your goals without clarity is like running a race with a blindfold, you may be moving but you will not make meaningful progress. In some cases, your actions without clarity may set you back further than where you started. My coaching program and tools will assist you in clearing the clutter, refining your goals, and identifying the best path to reaching them.

### BALANCE

The second focus of your coaching journey will be helping you to discover your personal life balance and develop a plan for managing it. Contrary to popular belief, most people do not quit on their goals because of indiscipline or laziness, they quit because of poor life balance. While you might be determined to reach your goals, if the other areas of your life remain overwhelming and demanding, you will not have the focus, energy, or emotional stamina to push through when you need to.

### MOMENTUM

The third focus of your coaching journey will be helping you to build unstoppable momentum toward your goals. Using the master plan developed in your clarity sessions, you will have the tools and weekly coaching call providing support and accountability for reaching your goals. My goal is to help you take small steps in the right direction consistently, so you can make it a lifetime habit.

# AVAILABLE 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>

# AVAILABLE SERVICES CONT.

WANT COACHING FOR A TEAM OR INDIVIDUAL TEAM MEMBER?

I work with your team or an individual staff member 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

## DISCOVERY SESSION

30-Minute Call  
Max-Clarity Questionnaire  
Goal Clarity  
Obstacle Analysis  
Next Step

## 3 MONTHS COACHING PLAN

Weekly 60-Minute Calls  
Max-Clarity Questionnaire  
Goal Clarity  
Obstacle Analysis  
Weekly Assignments  
Support & Accountability  
Life Balance eBook  
Life Balance eWorkbook  
Work-Life Balance Manager

## 6 MONTHS COACHING PLAN

Weekly 60-Minute Calls  
Max-Clarity Questionnaire  
Goal Clarity  
Obstacle Analysis  
Weekly Assignments  
Support & Accountability  
Life balance Book  
Life Balance Workbook  
Work-Life Balance Manager

## 12 MONTH Executive Coaching Plan

If you would like extended coaching, ask about my 12-Month Executive Coaching plan. This plan includes unique intensive coaching sessions, complimentary sessions with a professional financial planner and a certified personal trainer, as well as, in-depth personality assessments.

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

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**REACH  
YOUR  
GOALS**

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