

Chapter 1 : Chrysalis Coaching, Christine Reinhard, Principal and Executive Coach

Nutrition, fitness and lifestyle coaching for women over 40. Simple, smart and sustainable weight loss solutions to reach your goals and live better, longer.

Contact Coaching Are you or your team creative, smart, and wanting to make a difference? Have tough decisions to make but could use a guide? Then you are the type of client I get excited about working with and I will customize my coaching approach to your unique needs. Many of my clients are going through a transition, or want to lead their university, college, or unit through a change. My approach to coaching comes from a very practical perspective with a commitment to authenticity. **Benefits of Executive Coaching** Is executive coaching really worth it? Does career coaching really make a difference? I hear them a lot. Personal experience has proven time and again that organizations, teams, and individuals benefit dramatically from a strengths-based coaching approach. Additionally, research shows the same: University and business executives are driven, talented, hard-working individuals and people who never stop learning. I have been honored to work with scores of them in my career to help them continue to grow and thrive. **Executive Coaching** Interested in working through a difficult situation? Want to lead more effectively and feel fulfilled through your leadership work? I can customize my coaching approach to meet your specific needs. I use a 4D model—a strength-based approach—where together, you will Discover, Dream, Design, and then Execute to create your Destiny. Here are some focus areas of past clients: Identify your passions, values, and strengths Living authentically and in alignment Clarify and create a vision for your life and work Leverage your strengths A fresh, experienced set of eyes and ears contribute to the creative exchange. Creativity and collaboration are the best solution to most problems. Either you will find the solution with me, or we will co-create the solution. **Team Coaching** The success of an organization is highly tied to effective leadership teams. Leaders must go beyond individual strengths and develop a collaborative approach to success. This success is achieved through high-performing teams. I use a systems approach to team coaching where the team is engaged as a system rather than a group of individuals. Teams are coached to develop their common identity, including common vision, mission, and clear roles and responsibilities. Skill development, along with coaching, can ensure that teams build strong relationships including building trust, managing conflict, increasing positivity, and building strong communication systems. Lastly, teams are supported in developing systems to monitor their success and hold themselves accountable. Team coaching ensures an intentional focus on outcomes and an opportunity to reflect on successes and challenges. As a team coach I focus on:

Chapter 2 : Coach: Christine Ferreira | Northern Squash

Christine showed up at the right time and worked closely with us and understood our needs. She simplified the sales process and gave us highly effective strategies. With her highly professional approach and ability to understand, she provided her remarkable knowledge making her the best trainer and business coach I have ever met!

She strives to improve the quality of life for both horses and humans through her coaching sessions, workshops and retreats, and by volunteering at the sanctuary. She currently lives in Phoenix, Arizona, with her two favorite teachers, her daughter, Isabelle, and her son, Alex. Tierra Madre began as a home for rescued horses and gradually evolved into a healing and learning sanctuary for people, as well. Tierra Madre is currently home to 32 horses with diverse backgrounds, breeds, and personalities. To learn more about Tierra Madre and to read about each horse, please visit their website. Tierra Madre is located at: Sessions are designed to fit your specific intentions, and include a focus on mindfulness, intuition and nonverbal communication. As you interact with horses, you will be guided to observe and evaluate your belief systems, behaviors, and patterns. Sumer Aeed, a licensed therapist with more than twenty years of experience in counseling, consultation and education. Group sessions include activities, processing and reflection time. Some themes for group sessions include nonverbal communication, leadership and team dynamics, family dynamics, perception and observation, mindfulness, overcoming obstacles or challenges, and strengthening your recovery. Individuals may join pre-scheduled groups of or you may create your own private group experience for your family, association or company. She helped me stop and smell the flowersâ€well, actually the horses without ever knowing what she was helping me through! She allowed me the privacy of my issues without ever having to say client privilege because she made suggestions and her questions were directed at how I felt about the here and now of the session. I highly suggest talking to Christine about sessions! Christine patiently and lovingly led me step by step through the process of getting closer to them, allowing me to go at my own pace and feel which horses I was drawn to. I even started brushing one of their manes. The sweetness of the moment brought tears to my eyes. Women with any level of meditation and writing experience are welcome. For more information or to register, please visit [CreativeSoulRetreat](#). Reclaim, restore and love your body. Join Christine Badoux and Dr. Sumer Aeed at a private home in Scottsdale, to explore the story and messages that you are carrying in and about your body. You will leave this experience empowered with the necessary tools and wisdom needed to reclaim and love your body. Equine Experience â€” Sunday, October 21st, 9: No previous experience with horses is necessary. Please join our mailing list to be notified of upcoming events. Your information will not be used in any other way.

Chapter 3 : Christine Law Coaching - Fitness, Nutrition

apply for coaching with christine Here's what clients are saying about Christine's Coaching "You have helped me more in one weekend than years of on and off therapy:) That "Aha" moment that came to me because of your workshop allowed me to take control of life.

Take the first step now! NLP Neurolinguistic programming is a powerful behavior training tool for personal and professional transformation. Click below to begin. If you are single, dating, or married I will help you achieve a loving successful relationship where each partner thrives. Relationships are the key to vitality, health, happiness and personal fulfillment. Reach out today and be the best loving partner possible. I recommend highly working with Christine if you want to experience true results. David Jacobs I began working with Christine a couple of years ago. I have overcome my fear of flying and experienced a trip of a lifetime, I left a career that was unfulfilling and creating anxiety and depression, and am finally feeling comfortable and confident in my own skin. This is truly special and important work. I am so grateful for this journey of inner exploration! Jewel Perry Christine has had a lovely impact on my process with her gentle, positive voice and well-tuned ear. She has patiently followed my mental walkabouts and reminded me that who and what I am is really okâ€far better than ok. She has celebrated my successes and drawn me into clarity with her most potent tool, the well-crafted question. I had experienced changes in my life that were affecting my mood and ability to function. I learned how to appreciate the difficult moments of life and not let them define me. I am happier in my professional life as an attorney and able to relate to my clients and boss in a whole new way. She helped me regain my self confidence and learn to reach out for help instead of retreat. She is a wonderful resource for enhancing your relationship skills. Payton Hillman I was in horrible physical shape after having an injury and unable to exercise for several years as a result. I was going thru difficult relationship issues and contemplating divorce. I feel 15 years younger and my marriage has rekindled. Reese Sands "Our chief want in life is somebody who will make us do what we can.

Chapter 4 : catalyst coach christine

*Coaching Christine [Alex Morgan] on racedaydvl.com *FREE* shipping on qualifying offers. When Albert Bench first laid eyes on Christine, a street-smart country girl, he knows that she was meant to be his - her body.*

Core Assessment Motor Control Analysis We start by creating an individualized assessment to figure out where you are now and which of these tools makes sense to get you where you want to go. All of my programs included showing you the link between your nutrition, your physical activity and the power of your neurology. It ALL begins with us having a conversation about where you are now and where you want to be. Call or email me at or Christine kinetic-hpg. I focus on creating a nutritional rhythm that works for my clients specific lifestyle. The principles from which I coach deal wit hate health and vitality of the gut as well as food quality, sleep quality, movement quality, and recognizing the importance of rest as a component of training. The French have a saying - "mies-en-place" which translates to "everything in its place" Think about a chef in a busy restaurant kitchen In order for them to be efficient and effective they have to have everything "at hand" to be able to do what they do so well. Contact me for a more detailed description of this service. Consider it a type of "software" for the body. Testimonials "I just wanted to reach out and let you know how highly I think of you and your coaching - the personal attention, critical feedback, and sincere support. I attended a Bar Method class with my wife and was so surprised at the lack of actual coaching. I now can bike, ski, and run with little or no pain, because her assistance has truly strengthened and stabilized my core. She has been a true life saver for me, and has brought me back to where I want to be! I lost a total of This program really works if you stick to it. ELDOAs are postural self-normalizing techniques designed for widening the space within a chosen articulation. This is accomplished by creating fascial tension to fix the vertebra below and contraction in extreme range to normalize the vertebra above the targeted disc. It is possible to create more room in a particular articulation with an exact position adapted to each person. Contact Let me help you create a new level of health and vitality in your life. It all starts with a conversation.

Chapter 5 : LAUNCHING MY BLOG - Life Coaching With Christine

Christine Young Coaching is a professional life coach and business coach based in New York City. Over 11 years of experience coaching clients from all over the world.

Noah Nelson, Craig T. He also appeared as Minnesota State football player Cody Wilson in one episode and as a delivery boy in another episode. Setting[edit] Minnesota State University[edit] In several bills before the Minnesota State Legislature were developed to create a research university at what was then Mankato State College. Representative Mike McGuire of Montgomery, Minnesota submitted an amendment that would have changed the name of the institution to Minnesota State University. During the series run, no school was officially named Minnesota State University. Separately, in an act of the Minnesota legislature allowed for the renaming of Mankato State University to Minnesota State University, Mankato due to its growing size and to provide better recognition across the Midwest region. As a reaction to this and at the urging of the Board of Trustees of the Minnesota State Colleges and Universities System , two years later, in , Moorhead State University was also renamed Minnesota State University Moorhead to try to provide parity to other regions regarding the impact of the Mankato name change. The common nickname of Minnesota State has always traditionally referred to Minnesota State University, Mankato since this historical period. The athletic programs at Mankato are widely referred to in the media as "Minnesota State", without a city identifier, although its sports teams are named the Mavericks instead of Screaming Eagles. There are several similarities between fictional Minnesota State University and the real-world Minnesota State Mankato. The location for the fictional Minnesota State University is never established, however, in several episodes it is mentioned that the campus is located about an hour away from the Twin Cities. The distance from Minneapolis to Mankato is approximately an hour away by car. Coach is shown to live in a cabin near a lake, similarly several faculty in reality live in cabins on nearby Lake Washington. The founding of the fictional university is shown to be in the opening credits and the real university at times was also referred to as being founded in Later decisions by school administration placed the official date as being founded in Cast of Coach in Seasons 8 and 9 left to right: The Screaming Eagles were mentioned to play big-name schools like Michigan State and Tennessee , but other fictional schools, such as Western Colorado, [12] are also mentioned. This could imply that Minnesota State acts as an independent in college football. In the intro of the show, is it shown that Hayden got his coaching start at Chattanooga University, a fictionalized version of the real-life University of Tennessee at Chattanooga which brands its athletic program as " Chattanooga ". In several episodes, Hayden Fox refers to visiting Christine in the Twin Cities, and it is evident that he is maintaining a long-distance relationship. In the early 90s, the producers of the show held a contest to have a real college marching band record the theme song for the show. In real life, Florida State won the national championship that season. The Alamodome opened in May , in time for the real-life football season. However, the first Alamo Bowl and Pioneer Bowl games had not been played yet. Footage from the edition of the Wisconsin vs. Orlando Breakers[edit] In the season, Hayden Fox gets a chance to fulfill his ultimate dream and become the head coach of an NFL team. He accepts the head coaching position with the fictional expansion team the Orlando Breakers, owned by recent widow Doris Sherman played by Katherine Helmond. Sherman, however, is more interested in making money off of the team as well as gimmicks such as asking if Hayden would like to coach a basketball team she was thinking of buying after selling the Breakers and trading away their first-round draft pick for a pair of cruise tickets than she is in letting Coach Fox guide the Breakers to success on the football field. Nearly the entire crew from Minnesota State followed Fox to Orlando, including Luther and Dauber, who remained his assistant coaches. The Breakers themselves were a parody of the fellow Florida -based Jacksonville Jaguars , who, like the Breakers, joined the NFL in as an expansion team and made the playoffs their second season as a wild card team and, like the Breakers, played the Bills in their first playoff game. The final scene in the final episode featured the whole cast thanking the audience for nine years of the show, with cast member Jerry Van Dyke denying the series ending, thinking the show must go on. Luther also retired and continued his relationship with Doris, building a Graceland style manor as tribute to his idol, Elvis Presley.

Howard and Shirley sold their collection of rare Barbie dolls, using the capital to acquire and manage a successful dinner theatre in Florida. Dauber succeeded Hayden as the head coach of the Breakers, winning back-to-back Super Bowl championships and going on to join the Monday Night Football announcing team after his retirement from football. The final scene shows a year-old Tim having two friends who bear a striking resemblance to child versions of Dauber and Luther. The Program Exchange handles syndication and typically offers the show to stations on short-term barter runs. Netflix discontinued Coach on September 15, Antenna TV began airing the series with a marathon on January 1,

Chapter 6 : Executive Career Coaching - Christine J. Quinn, Ph.d.

Chrysalis Coaching, Christine Reinhard, Principal, Executive and Leadership Coaching in the Westchester and New York City area and nationally remotely.

Chapter 7 : Laurie Christine King | Fitness & Nutrition Coaching | racedaydvl.com

Skill development, along with coaching, can ensure that teams build strong relationships including building trust, managing conflict, increasing positivity, and building strong communication systems. Lastly, teams are supported in developing systems to monitor their success and hold themselves accountable.

Chapter 8 : Coaching | Christine Young Coaching

"One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times.

Chapter 9 : Coaching - Christine Rose Elle

-Life Coaching, open to everyone, but specialize in assisting women in midlife get through the tough times, with confidence -Vision Board Workshops - a full day immersion available for your group, get together, or place of employment; teens or adults.