



Why use a life coach?

A coach provides objective, unbiased feedback to his/her clients. The coach does not judge or determine what the client should do or what he/her needs, but acts as a facilitator so that he/she can figure it out. Your friends and family members may think that they know what is best for you, but often their ideas conflict with what the you know is best.

Many people seek out life coaches for guidance in navigating a significant life change, such as taking on a new career. In most cases, however, people turn to life coaches simply for help in building a happier, more meaningful life.

There are a number of indicators that working with a life coach could be helpful for you. These signs include:

- High levels of stress and/or anxiety
- Inability to break bad habits
- Frequent irritability
- Lack of fulfillment in your personal life
- Persistent feeling of dissatisfaction at work
- Feeling tired or lack of energy

Accountability is one of the prime advantages of working with a life coach. As a result of working with a life coach, clients often achieve their goals more quickly and efficiently than they would if working on their own.

How can a life coach assist you?

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 see and understand negative patterns that may be standing in the way of your success.

Working with a life coach is a beneficial method of bridging the gap between your current circumstances and the life you'd like to lead. The following are some of the benefits that may result from having a life coach:

- Better work/life balance
- Elimination of long-held fears and anxieties
- Enhanced creativity
- Greater financial security
- Improved communication skills
- Improved self-worth
- Stronger relationships with friends and family
- Improved health through mind-body nourishment: whole foods, intentional eating, enjoyable exercise & meditation or total relaxation



WHAT LIFE COACHING OFFERS YOU

Since sessions typically take place on a regular basis over 3-6 months, life coaches can ensure that their clients are implementing what they desire.

About Linda Bottero

I have always been a good listener and drawn to helping people from my early childhood on. It took me until my 50s to finally realize that I was enabling much of the time instead of helping. As I matured and experienced far more life lessons than I should have created for myself, I began to search for a better method of creating a happy, aligned and nurturing life.

My professional life has really been in three distinct stages aligning with my personal life and growth. During the time that I was raising my children I worked in corporate jobs in a less than perfect marriage. After meeting and marrying my soul mate, I started my first company focusing on international marketing and homologation. This successful high tech opportunity allowed me to travel internationally, become a public speaker and develop a self confidence that had been severely lacking.

During my 40s and 50s I had the privilege to be a care giver for my mother and then later my husband while they fought cancer. This again caused me to reevaluate and research the meaning of my life. I permanently closed my international business after my husband's death and started a new business dedicated to providing the information and services for people to take positive control of their health and wellbeing. I established a spiritual and health retreat center and then a holistic health spa. Now in my 70s, I have the time to spend enjoying my beautiful piece of paradise in the high desert in California taking care of my animals and doing volunteer work. I also am spending part of my time still providing personal services: life coaching on wellness, positive life balance and spiritual alignment; reiki plus sessions incorporating the energy flow of reiki, pranic healing, & shamanism, & numerology reiki providing a personalized reading and energy session.

It is my desire to assist you in creating your best life of ease, happiness & abundance minimizing all of the difficult experiences and stress we put upon ourselves.

Please give me a call if you would like to book a free introductory session to discuss your goals and see if it feels like a fit for you. Call or text 760 217-2310 or email ljbottero33@gmail.com

