



CONSCIENTIOUS, COMPASSIONATE AND CONNECTED COACHING

SET YOUR SIGHTS. BREATHE. ACHIEVE.

JANUARY 2021

WORKING TOGETHER

COACHING THROUGH CHANGE

COACHING WITH NATURE

SUCCESSFUL RELATIONSHIPS

POWERFUL TEAMS

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a new year | a new view



Gina Geremia

The beginning of a new year offers opportunity for change. Whether you made the most of last year's challenges, found yourself spiraling down or were caught somewhere in between, in 2021 you can give yourself the chance to reshape your future by setting your sights on something new, or even something you always wanted but just never went for. Now is the time. Take time to think. Take focus. Take deep breaths. Take action.

Set your sights. Breathe. Achieve.

Examine What you Want | Forge New Paths Toward Your Dreams, Goals and Desires.

Life Coaching is an autonomous experience. You set the direction and pace. I provide support and resources to help you focus on your aspirations and goals, identify your strengths and resources and empower you to use them.

By tapping into your experience and self-knowledge, you build the path leading you toward personal achievement.

The coaching relationship is built on trust and authenticity. It allows for the vulnerability necessary to develop self-compassion and personal growth. The experience can help you become mindful, focused and cultivate positive emotions.

Consider coaching as any other journey. How do you plan? You begin by knowing where you want to go and checking a road map to determine the best route. You calibrate by evaluating the miles traveled and time taken to reach each check point.

Where you want to go in this case is reach a goal - what you're dreaming of doing, having or being. These goals are your compass. Knowing where you want to be in relation to where you are gives you a better sense of the direction to take. You calibrate how far you've come by evaluating the steps and time taken to reach your check points.

It takes commitment, dedication and hard work. And it's worth every ounce of what you put in.

life coaching experience

SET YOUR GOALS | DISCOVER YOUR OPTIONS
EXPERIENCE YOUR SUCCESS



**EFFORTS AND COURAGE ARE NOT ENOUGH
WITHOUT PURPOSE AND DIRECTION."**

--JOHN F KENNEDY

Feel Connected.

To yourself, others and nature.

Realign Priorities.

Focus on what's important

Identify Strengths.

Increase self-worth and confidence

Experience Calm.

So you can hear to your inner voice

Improve Communication

For personal and professional life

Enhance Relationships

For deeper connections

Establish Strategies

For successful outcomes

Stay on track

Keep your sights set

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coaching through change

WHETHER WE CHOOSE CHANGE OR IT HAPPENS TO US,
WE ARE IN CONTROL OF HOW WE RESPOND.

"THE ART OF LIFE LIES IN A CONSTANT
READJUSTMENT TO OUR SURROUNDINGS."

-KAKUZŌ OKAKURA,
THE BOOK OF TEA

Relocation

Expat
Culture shock
Social integration
New job/university

Career

Redundancy
Job search
Career change
Career development

Age

Empty nest syndrome
Retirement
Quality of life
Independence

Menopause

Anxiety & irritability
Memory & concentration
Depression
Acceptance

Weight Loss/Gain

Self-esteem
Anxiety
Confidence
Focus

Relationships

Communication
Divorce/breakups
Finances
Stress

coaching with nature

NO ADVENTURE IS TOO SMALL

'I TOOK A WALK IN THE WOODS
AND CAME OUT TALLER THAN THE TREES.'

-HENRY DAVID THOREAU

The natural world enhances our awareness providing clarity of mind. It inspires us to be creative, teaches us how to survive and leads us to understand our own nature. With this, answers to our questions of what to do and how to get there come naturally.

As you experience nature and it's restorative benefits, you will be guided

through the coaching process. We will utilize everything from flora and fauna to landscape and weather.

Coaching with nature can be as gentle as you like and **can even be done virtually**. A simple walk on a beach, woodland path or sitting on a park bench may be all it takes to find clarity and decide your next steps.

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successful relationships powerful teams

THE UNIVERSAL LANGUAGE OF BEHAVIOR



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communication, relationships, businesses at their best

GET YOUR EDGE WITH DISC

The DISC behavior assessment system is used to improve communication, interpersonal issues and relationships. As a business application, it is one of the most widely used systems of its kind worldwide. With the DISC system, businesses enhance team working, increase effectiveness and improve productivity and sales. But DISC isn't just for business. Anyone can benefit from this behavioral assessment tool.

DISC centers on four behavioral traits: dominance, influence, steadiness and compliance. Once you understand your DISC profile, opportunities to dissolve communication barriers are at your fingertips.

As an accredited DISC profiling system administer and interpreter I can help you understand how to:

- Improve relationships
- Modify your language and behavior
- Know your optimum work pace
- Understand how you approach tasks and challenges
- Manage people in any environment
- Understand behavioral differences between you and others
- Adapt to different personality styles
- Get others to respond better to you
- Understand how you prefer to process information
- Maximize efficiency & productivity