

# Life Circles

CHANGE YOUR THINKING,  
CHANGE YOUR LIFE

**Marty Matika, MS, Practitioner of NLP and NET  
Life Coach, Therapist, Speaker and Best Selling  
Author**



# How does Life Coaching work?

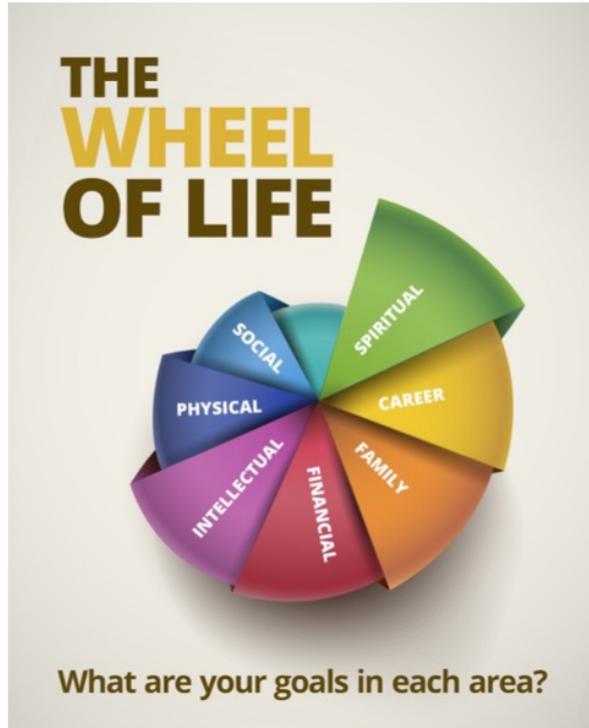
- ▶ Life coaching entails a series of individual sessions. Sessions can be achieved over the phone or through face-to-face sessions.
- ▶ Life coaches usually work in 90, 180 or 365 day periods and have weekly sessions. This helps manage goals and provide structure.



# What is Goal of Life Coaching?

The aim of life coaching is to assist individuals in breaking through their negative mindset, acting more decisively, and setting concrete goals towards what the individuals want from their lives.

Many life coaches specialize in areas such as health, personal growth, relationships, business, careers, motivation, finances, family, and many more.



# Areas that Life Coaching Can Help

Having Struggles or Wanting to make a Change:

Career

Health

Relationships

Family

Money

Other specific areas that matter to clients

# What are the benefits?



Setting more effective goals and reaching them much faster



Encouragement of self-reflection and personal growth



Accountability, structure and support

# Why Life Coaching?



Reach more of your goals and aspirations



Accomplish more of the things you want and in a shorter period of time



Have someone to go to for support in challenging times and to help you overcome fears



Have a guide and mentor to help you along the way

\*Working alone is the slowest way to accomplish anything



Are you completely fulfilled in every area of your life?  
(Relationships, Career, Family/Friends, Money etc)

\*If Not: Then a Life Coach would be helpful!

# Famous People Life Circles Has Helped

- ▶ NFL Pro Bowler/Super Bowl Champ - LW
- ▶ Celebrity - KA
- ▶ Political arena
- ▶ Millionaire's
- ▶ CEOs/Presidents
- ▶ Lawyers
- ▶ Inventors
- ▶ Law Enforcement
- ▶ Entrepreneurs/Business Owners
- ▶ Real Estate Professionals/Financial Professionals

# Tony, Tony, Tony...



- ▶ Almost all Famous athletes and celebrities have coaches
- ▶ Even Famous People like Tony Robbins have a Life Coach and he is a multi, multi millionaire
- ▶ He attributes a lot of his successes to coaches and mentors

What Do you want for Yourself  
and Your Life?

Are you completely Fulfilled in  
Every area of Your Life?

[RESERVE YOUR FREE SEAT](#)