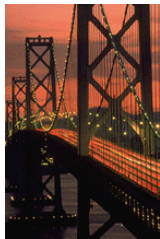


*Your Life is
just a call away...*



When you hire a Professional Life Coach, you tend to

- You take yourself more seriously
- You take more effective and focused actions immediately
- You stop putting up with what is dragging you down
- You set goals that you might not have had without your coach
- You create momentum, which in turn creates results



*Get on the fast-track to
the wonderful life you've
been waiting to live.
Give me a call.*

Whole Life Coaching Program

Consultation and coaching through
all life areas. Can be conducted in
person, by email, or on the phone.

Aura Wellness Centre

By appointment, please.
Coquitlam, BC
Phone: 604-524-8565
Email: LynAyre@telus.net
www.LynAyre.com



Aura Wellness Centre

Whole Life Coaching Program



*... working
together to
achieve your
goals...*

You will hire a Professional Life Coach when:

- You want more focus in your life
- You want it to happen easier than if you did it alone
- You want to grow as a passionate and purposeful individual
- You want to experience a zest for life
 - You want a life of wealth and abundance

Call Lyn Ayre:
604-524-8565
I can help you.

Life Coaches focus on RESULTS

Coaches guide clients towards RESULTS:

R—reducing hassles and burdens by becoming more organized and effective with your time.

E—everyday excitement and energy to live your life fully and experience your potential.

S—self-esteem and confidence improve, so accomplishing anything becomes simply a matter of doing it.

U—unleashing your dynamic side to provide balanced living by understanding what is important to you.

L—learning how to create a peaceful oasis by clearing the clutter in your life.

T—transitions are successfully managed in the nine life categories of career & business; leisure & hobbies; family & children; marriage & partnerships; global contribution; wealth & abundance; health & fitness; education & learning; and your Spiritual connection to others and your Higher Power.

S—Stress will no longer overwhelm you and interfere with your work, your life, and your enjoyment.



Life Coaches begin in the 'here and now' and walk with you into the future.

Therapists help you to deal with the past and the resultant trauma.

A Life Coach is not a Therapist.

Working with a Life Coach can help a person make consistent progress towards their goals and dreams by:

- Giving total support
- Developing clarity in a situation
- Reducing procrastination
- Expanding perspective
- Providing accountability
- Focusing consciously
- Supplying objective feedback

We won't work on "issues", "get into the past", or deal with understanding human behavior.

My role is to help you move forward, and set personal and professional goals that will give you the life you really want.