



Welcome!

Dear ,

Welcome to *Simone Peer, Inc / A Life U Love Coaching Services*. While on the coaching journey, I found that I have a life that I love, and this has informed my mission, which is to inspire and cultivate Integrity, Grace and Ease, in people who want to have a life they love. Coaching works as a partnership that provides support, structure, and focus to assist you in identifying, clarifying, and achieving your personal or professional goals and aspirations—faster and easier than would otherwise be possible

Coaching is a process that relies on truth, trust, and commitment and essentially supports who you want to be. Unlike counseling, coaching does not focus on why you are stuck, but instead is a means of devising strategies, developing skills, and increasing awareness in order to identify and seize opportunities for growth. Coaching is a process that serves to separate your BEING from your DOING and your Needs from your Values. This separation allows you to get your needs met and set goals that are in support of your values. The result is a wonderful life, the life you are meant to live, not simply dream of having.

The joy of using a coach to maneuver through this process is that you have a built-in support system, someone to accompany you on your journey, and access to a greater part of you. Coaching uncovers the truth that is hiding behind your doubts, and asks the questions you may be afraid to ask yourself. As your coach, I offer these gifts with love because I believe that that is the foundation of truth and trust.

Before we begin, I suggest that you read the articles. They provide information that will help guide you to a greater understanding of the role I play in our partnership and how you can get the most out of it. Also, I request that you take a long deep breath—into your belly—and feel the essence of you emanating out into the milky way and beyond—this is how BIG your Potential is. Our mission is to align you to what you want and to expand the possibilities for you to express and experience this potential.

Change comes through commitment and work, this is the beginning of a joyous journey that is meant to eliminate the struggle and to surrender to the fun-n-easy along the way. **Let's get started!**

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Simone Peer MA,PCC
Certified Life Coach