

Our Successful Coach/Client Relationship

Welcome to Seize This Day Coaching!

Together, we are going to help you find your way to a more productive, fulfilling life. Whatever challenges you are facing, we will work on as a team.

Congratulations! You have just taken the first, powerful step toward your future!

It's About You

My clients are great people with great ideas who need help bringing their ideas to fruition. They want to have the best, most fulfilling career/business and are enthusiastic about accomplishing the steps necessary to realize it.

When we get together, we will be working on your agenda; your issues. I am genuinely interested in your success, and helping you achieve it. I listen, reflect, ask questions, and give suggestions. I help you set realistic goals. I believe that you know what is best for you. I know how to help you reach it.

As my client, I expect you to show up for our sessions prepared and focused. I expect you will always tell the truth, as I cannot help you otherwise. I expect you to be open to ideas and other perspectives. I will do the same.

You are a top priority for me. I want to know your successes, challenges, disappointments, ideas, fears, desires. I want to know what works well for you, and what doesn't. Especially as it relates to our coaching sessions. Please don't hold back. And rest assured: everything we discuss is held in strictest confidence.

If between sessions, you need to share, vent, question, etc., please feel free to contact me via phone or email. I do not bill for this time, and request that you keep the calls to 10 minutes.

“Wheresoever you go, go with all your heart.”
Confucius