

# – THE COACHING CONNECTION –

*Connecting You with All That You Can Be Personally and Professionally*

## ***Launching The Coaching Connection – January 2002***

Angela Zakon and Cathy Nealon  
Professional Coaches

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Our local Mount Washington Valley Professional Coaches, Cathy Nealon, and Angela Zakon, launched the “The Coaching Connection” in January 2002 to help you connect with all that you can be personally and professionally. By sharing with you the principals, process and tools of Personal, Professional and Life Coaching, The Coaching Connection will help you enhance and bring more value and success to your business and your life.

What is coaching? It is about partnership. Having someone to work with to focus only on YOU and what is important to you. It is about taking action; moving forward and making empowering decisions to help you more quickly achieve your desired results.

The coaching profession was born in the 80’s when many corporations were downsizing. It was developed as a profession to fill the gap between consulting, therapy and mentoring. Over the last two decades, the profession has grown rapidly to over 20,000 coaches worldwide. Under the direction of the International Coaching Federation (ICF) ethical, training and certification requirements for the profession are set and maintained. Today the ICF is the largest non-profit professional association of personal, business and life

coaches with 177 chapters in 31 countries worldwide.

Coaching has evolved to play an important role in the business community. It helps executives stay focused and find balance in their lives. It provides small business owners with a sounding board to make the right decisions to grow their business. It assists many professionals in career transitions who want to align their lives and careers with more meaning and purpose.

On a personal level, the coaching process helps individuals expand their life skills, learn how to say NO, discover their true essence and more easily transition to a new life stage or new location. In addition it helps many discover what truly makes them unique so they can align their lives and career around these so they can live a more rewarding and fulfilling life.

Powerful inquiries and forward moving actions are the cornerstone for effective coaching. They help expand us and move us forward to living our best life. Some of these may include asking if you are utilizing your natural gifts, abilities, and talents to the fullest? Do you have the space to nurture and grow your unique gifts? Do you have a life plan for your success? Are you focused

and have a clear plan to achieve your desired outcome in both your personal and professional life? Are you living large with purpose and meaning in your life? Why not take a moment and gift yourself with a few minutes to explore these powerful inquiries for yourself. Then you can begin to identify the gap between where you are and where you want to be. So you can then create a plan with action steps to bridge the gap.

Some very empowering coaching principals, skills and tools include: The Attraction Principal – the steps to naturally attract the desired outcome vs.

struggling to find the answers; Building Reserves – a way to overcome obstacles and gain the freedom to pursue your dreams while having plenty of money, time, energy, space and joy; Discovering the True You – the process of identifying the key elements of your unique essence, your personal foundation for your success; Eliminating Tolerations – a way to get rid of daily annoyances and increase energy and satisfaction in life; Living on Purpose – the process of defining your unique blueprint for success.

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***The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Angela Zakon and Cathy Nealon. For further information or to receive a free energy assessment and coaching session to refocus and reenergize your life contact Angela at 447-4337, [www.ZakonGroup.com](http://www.ZakonGroup.com) or Cathy at 383-3639, [www.amazingpossibilities.com](http://www.amazingpossibilities.com).***