

Navigating Toward Purpose

Contributed by Yvonne
Monday, 21 January 2008
Last Updated Wednesday, 01 September 2010

Navigating Transition?

While ships are adept at maneuvering the oceans, they need guidance through the shallow waters near the dock. Most large ships have relatively little ability to exert the forces to change directions.

Tugboats aren't powerful enough to start or stop a large ship quickly, but they can control the large ship's direction. Tugs are purely a service vessel capable of guiding a larger craft. For this to happen, the captains of both the tugboat and the larger vessel must agree on the goal.

In like manner, as your coach, I can help you navigate through transitions to safe moorings. Once you're anchored, we work toward your next opportunity with small manageable goals. I serve as your accountability partner, but you are the captain of the ship.

We design our alliance together. Our relationship is individually designed based on your unique needs, with a focus on communication that will support your results.

You are naturally creative, resourceful, and whole. You have the answers inside of you. I support you in the self-discovery process by asking powerful questions that connect you to your inner wisdom. You become capable and committed to living life aligned with your values and your greater purpose.

Coaching focuses on your whole life. I use coaching principles that help you to experience the fullness and depth of your life. You gain a better understanding of what fills your heart and soul so you can bring balance and integration into all areas of your life.

You determine the agenda for the coaching. As you bring topics to your coaching, I hold your bigger picture in front of you, steering you toward your dreams so you can stay on course to create the life you really want.

Charter a tug boat to steer you past where others get stuck!

Find Your Moorings:

- Life Purpose

- Core Values

Design Your Strategy

Life Coach Yvonne Hart's passion is to challenge you to create the life you've always dreamed of and never thought possible. Email Adventure@AFocusedPurpose.com to begin navigating toward your potential.

NEXT OPPORTUNITY:

October 2, 2010, Life Purpose Workshop at Pellissippi State Community College, 9AM-noon. To register online go [here](#)

For professional referrals and connection click [here](#):

A Focused Purpose Life Coaching
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