

## Coaching with Dr. Katie

Dr. Katie is always focused on what makes a difference in your life and what will move you along your path of personal power and greatness.

**You Are Already Special – One of a Kind & Your DNA proves it! You Can Actually Change Your DNA Programming for The Life You Truly Want**

**As a coach, mentor and guide, I specialize in helping you:**

- Live the life you were meant to live in your career, money and relationships.
- Uncover your life plan and *fulfill it*.
- Find your clarity – know for sure who you are and what you want, which makes it easier to get the life you want.
- Use the simple 6-steps to transform your life and create the life you desire.
- Through a simple and ingenious process – transform your limiting beliefs and behaviors and step into who you are meant to be.
- Ease into the global changes around you and take all things in stride,
- Embrace your spiritual self – the authentic *you*.

Using the skills of The One Command and neuroscience, you learn how to change your own thoughts, biochemistry and physiology to create the life you want. You get to choose what serves you at the deepest levels of your spirit and be, do and have what you dream of.

Combining her background in psychology, science, education, consulting, social change and finding *the genie in your genes*, Dr. Katie takes you on a journey down new paths of your own existence.

Whether you want more and better in your relationships, your business and career, or your spiritual life, you will find the capacity to live your life with grace and ease as you allow yourself to receive and achieve all that is meant for you.

Drawing on her experience and education in the fields of psychology, health education, multiple forms of healing and energy work, and business

consulting worldwide with multi-national corporations, Dr. Katie opens the door to clarity of vision and understanding of who you are and how you want to be in the world to offer your skills and gifts. Her sessions are transformative, pragmatic and useful.

Everything that you desire is within you already. People who may appear more successful, happier or more fulfilled than you are, do not have more intelligence, talent or ideas than you do – they have simply learned how to tap into their own greatness by accessing the information in their DNA blueprint for success. You have that same information in your DNA blueprint and you have the capacity to access it – Dr. Katie helps you recognize your true path and live your best life.

Dr. Katie says, *My personal philosophy is based on the re-creation of life in every moment. Find out what you want and go boldly in that direction.*

### **What people say about Katie:**

*Dr. Katie has a wonderful gift of using her amazing intellect and intuition; synthesizing them to speak into my life with understanding and fresh perspective. She helped bring clarity to my intention for my life. Then she very lovingly and powerfully guided me through The One Command process, as well as another practice to further support me in feeling my power. She just seemed to know just what would support me!*

*The session flowed effortlessly. I felt so much good energy, but not a woo hoo! kind of excitement, which is usually temporary for me. Instead my heart felt more open, I felt more alive and grateful for the miracle of my life, and all the support I have within and around me. Laser coaching at it's best! Since my session, I've continued to use the tools and understanding she gave me, and I'm noticing signs of things shifting in my life to support me in playing bigger in my life: wonderful new clients, new ideas and opportunities! Thank you Katie for supporting my expansion! – Anita G. Houser*

*My session with Dr Katie Garnett was such a blessing, and was perfectly and divinely orchestrated. She easily facilitates and guides you to allow the answers to spring forth from within. This transformative session was gentle, and yet profound. (And, we had fun!) Thank you, Dr Katie. I recommend you*

*most highly, for assisting others on their path to Inner Truth. – Dianne Dougherty, RN, BSN*

*Dr. Katie I want to thank you so much for the most transcendent experience I have ever had at a teleseminar or workshop, and I had attended many over the years. You have teaching, mentoring and coaching skills that are unparalleled. As a professional psychologist and colleague, I am deeply impressed and value the experience of the quality of what you offer and the service you provide. – Dr. Luci Carstens*

*What a great lesson I got...it puts a whole new spin on setting intentions and listing dreams and desires! Thank you. The statement that you made about “in a place of discomfort and wanting endings, you are likely in one NOW...” just blew me away. I have had a sense of that being the case, but didn’t have the words to let my brain know what I was feeling, and that is just perfect! I have it written down on a card that I can now look at daily, as that is sometimes how often the feeling occurs. More strongly some times than others, of course, of tremendous help, for sure! YOU are unique and special. – Maria Seller*

*Dr. Katie is a wonderful coach and mentor, and overall a great human being. Spending time with Katie one gets the benefit of her unique combination of formidable intellect, extensive knowledge, training and gentle nature. Dr. Katie leads one gently and kindly to great insights and “aha” moments, as well as sharing some great practical techniques to add to one’s life toolkit. Anyone would benefit from Dr. Katie’s wisdom and gentle guidance. – Sue B*

*I found my session with Dr. Katie very helpful and enjoyable. She helped me redirect my thinking. I find it difficult to let go of my analytical mind. It is helpful to have someone else walk you through the One Command. Katie helped me create new Commands after discussing ideas and thoughts. I thoroughly enjoy her happy buoyant personality. – Patty Jansma*