

Coaching with Bonnie—for The One Command Life website

Have you ever said “Enough is enough! I have got to change my life” and you charged full steam ahead changing this and changing that—until the steam ran out? And there you were...

Like you, I can’t count the number of times I tried to do it alone. I’d gather my best intentions, makes lists, and start going and doing. I was a woman ‘on fire’ to makeover my life until I hit a bump in the road that I couldn’t get past. Why? Because I couldn’t accept the fact that maybe I needed some guidance and solid tools to help me along the way.

Guidance and tools you can only get with a coach who is willing to walk the walk with you, sometimes being your cheerleader, sometimes your mentor and always your guide.

Transforming your life does not have to be difficult, painful or take forever to achieve.

Once I made the commitment to invest in myself and received coaching, life began to change dramatically—and quickly.

When you are **ready to make real change** in your life—whether it is your health, finances, career or relationships, you may lack the tools and resources to accomplish your goals and live the life you desire. Working with a coach you **uncover your unconsciously held blocks** to your success, health, wellness and wealth and learn to **step away from old habitual thinking and into the best expression of yourself**. And it is so much easier to do than you imagine.

When Coaching is Right for You

Coaching generates powerful results when:

- 1) You are ready and willing to learn and grow and
- 2) A gap exists between where you are and where you want to be.

When these two conditions exist, coaching sessions will align your personal resourcefulness with your personal, professional and healing objectives and increase your well-being and satisfaction with life. You **let go** of what keeps you bound to the past and **open to receive** all that life has to offer you in the present—right this minute, now.

Benefits You Achieve

With Bonnie as your coach, you develop skills to break through your barriers, let go of your limitations and find success and balance in all areas of your life. You also learn to:

- ❑ Develop the skills, tools and resources necessary to achieve amazing results
- ❑ Heal the past and create a new future for yourself
- ❑ Communicate more effectively and adapt more easily to any situation.
- ❑ Make better choices about your health, finances and relationships.
- ❑ Eliminate habitual thought patterns to reduce personal limitations and expand possibilities.

- ❑ Understand and manage emotions transforming fears and stress into productive emotional states that create the life and health you desire to live.

Stop fighting against the way life is and open to new possibilities of how life can be-- will be for you as you clear the path to a new life on a whole new level of enjoyment.

When you are not getting the results you want, are feeling stuck on that merry-go-round, always missing the brass ring or it feels like someone hit the 'pause' button on your life, it is time for change. **It is time to take action.**

In your sessions you:

1. Let go of your struggles, strife, limitations and pain
2. Discover how to achieve great results
3. Assure your success by opening to receive
4. Empower yourself to create change
5. Live a life based on your dream, hopes and desires

You can make a one-time appointment with Bonnie, but **for your greatest success** we highly recommend the 4-session or 6-session coaching package that takes you deep within yourself and out the other side to a **whole new way of living.**

Others who have worked with Bonnie have this to say:

While cleaning my garage, I accidentally spilled a caustic substance over my face and neck. While I took immediate action to wash off the substance which saved me a trip to the hospital, I was still left covered in many 1st and 2nd degree blisters. After working with Bonnie on healing my skin, I woke up the next morning completely healed with just a few tiny red spots! Wow!" Donna T.

"Bonnie has turn my small business into a money making machine. In the first month my business doubled. And every day I get yet another call from either a current client who needs more design work or a new prospect." Linda S

"Bonnie helped me through a significant period of transformation in my life. She seems to have an innate ability to see what I need to work on, picks up the subtle clues that I am missing, and is great at getting me to delve to the source of an issue. I would definitely work with her again as I found her to be supportive, understanding and non-judgmental with what I was going through." Joshua B

"Bonnie is such a perceptive intuitive that she took me right to the heart of my issues in a remarkably easy and direct way. It felt such a blessing to be truly understood, and then an even greater blessing that Bonnie knew exactly how to make the right changes to get the greatest benefit for me. I deeply appreciate her gentle, wise, open hearted approach." Josie

"The small beautiful voice within all of us guided me towards Bonnie and I'm forever grateful. Bonnie is an extraordinary healer. She has a way, like no other, to hear beyond our words and move into our Soul's longing. It is from this sacred place that she is able to guide us towards greater awareness, healing and true freedom. Her nature is gentle, compassionate and kind and her style is powerful, accurate and direct. I recommend Bonnie to anyone who is serious about their healing". Carolyn R.

"Your intuitive ability and rapid assessment of my health issues were fantastic. I appreciated your clarity and support and how comfortable I felt with you. I felt so much better afterward. Thank you for that -- you are truly gifted!" Pamela A.

"I appreciate the clarity about what needed to be addressed -- you were right on. Within hours I felt lighter, I spoke clearly and confidently to a prospective client, and my energy was higher. You are a gift and I am grateful." Karla B

Bonnie Strehlow
InnerResources
Coaching Intake Form

Full Name:
Phone:
E-mail:
Occupation:
Referred by:

Please answer these questions with as much detail as you want. We will use your answers in our sessions together to help you create a life that you desire.

1. What do you hope to accomplish in our work together?
2. What do you want most in your life?
3. What do you consider to be your 3 greatest achievements and why?
4. What do you consider to be your 3 greatest failures and why?
5. What motivates you?
6. What de-motivates you?
7. What is the biggest challenge you are facing right now?
8. What is it costing you?
9. How specifically is this challenge making you feel?
(What emotional states is it triggering for you?)

10. How will you feel when it's behind you?

11. How will it feel to achieve your goals?
(What emotional states will it trigger for you?)

15. What are you willing to do to achieve your goals?

16. What do you value most in your life? (List 5)

17. What do you expect to get out of our coaching?

18. How will you know if you are getting what you want from our coaching?

19. How will I know if you are getting what you want from our coaching?

20. How do you want to be coached? (Challenging, gentle, provocative, lots of assignments and suggestions, your suggestions only, anything special you want?)

21. Is there anything else you want to be known about you or your situation that you think is important to share? Tell me here.