**Left hand column**

Welcome to Press Pause Now Coaching, where we help you achieve your full potential. We offer a safe and supportive environment to help you change unhelpful habits and gain insights helping you harness your strengths to overcome any challenge you may face.

**Wondering what coaching can do for you?** Coaching can help you

|  |  |  |
| --- | --- | --- |
| **Performance Coaching** | **Business Coaching** | **General Coaching** |
| * Get that next promotion | * Grow your business faster | * Create healthier habits |
| * Ramp up your leadership or management style | * Build high performing teams | * Build your confidence |
| * Step into new challenges confidently | * Unleash creativity in your business | * Improve your communication skills |
| * Change your career | * Release fears that are stopping you from growing your business | * Create stronger, healthier relationships |
| * Find that dream job | * Develop smarter ways of working | * Move from stuck to inspired in any area of life |

**What is coaching?** Coaching is self-directed, which means we help you find your own solutions. We focus on stretching you in the right ways to motivate and guide you towards your goals. Throughout the process, we encourage you and acknowledge your achievements every step of the way.

**Our approach** is backed by research and based on neuroscience. We use proven processes, mindfulness, meditation and neurolinguistic programming techniques. We tailor our approach to meet your needs and always ask for your permission so you’ll never do anything you don’t want to do.

**How do I find out more?** Book a FREE 30 to 45 minute conversation. Simply email us on [info@presspausenow.com.au](mailto:info@presspausenow.com.au) with your contact number, and we’ll call you back within 48 hours to schedule a time or visit [www.presspausenow.com.au](http://www.presspausenow.com.au) to book a time online.

Let us help you achieve your goals and become your best self. Press pause now and take the first step towards a brighter future.

**For the right hand column**

Change last paragraph to read.

If you want to feel this way then email us on [info@presspausenow.com.au](mailto:info@presspausenow.com.au) to book a FREE 30 to 45 minute conversation today and get started on creating the business, career and life you really want.