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| **Transform Your Business Health and Life Today** | About me and photo is good as it is so keep this as is |
| 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 so you can harness your strengths to overcome challenges or make the most of opportunities. |  |
| |  |  |  | | --- | --- | --- | | **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 | | * Confidently step into new challenges | * Unleash your creativity | * Improve your communications | | * Change your career | * Release fears holding you back | * Create healthier relationships | | * Find that dream job | * Develop smarter ways of working | * Move from stuck to inspired |   **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 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.  **Let us help you achieve your goals. Press Pause Now and take the first step towards your brighter future.** | **Sofia Adams**  Director  For 20 years I was driven in my search for success. The only problem was I had no idea what success was. So I aimed for senior management jobs and hoped for the best.  Over the time I found I would get to a certain point in any job and then self sabotage only to repeat the pattern again and again.  It took me many years to work out what was going on and there began decades of personal develop and trial and error.  I have spent the last 15 years learning different coaching and wellbeing techniques and methods and I am still going.  Today, I have conversations with people who find themselves overwhelmed, overworked and over stretched emotionally, physically and mentally either in their business, career, health or life. Sometimes in all of the above!  My sincerest wish is that each day you feel rested, energized, motivated and know that deep down it will all be more than okay.  What ever challenges you face or opportunities you want to make the most of getting that extra support can make the world of difference. It worked for me and it can work for you too. |
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