

Russ Painter - Credentialed Life Coach / Coach Trainer

Take a moment and think about an important life goal you want to reach, a significant change you're attempting to make, or an area where you've always wanted to improve the quality of your life. What if you found a way to greatly **increase** your chances of success... would you do it?

More and more people have discovered the difference a Life Coach can make in maximizing their opportunities in life. So my role as a coach is to help people like you succeed. Coaching, however, is not about dispensing advice or fixing you. Instead, a coach helps you find your motivation, clarify your objectives, and then stay on track to meet them. A good coach will help you do what you wouldn't naturally want to do on your own, so that you can achieve everything you always wanted to do. If you've never experienced how empowering the support and encouragement of a coach can be, you owe it to yourself to find out!

Let me share with you the values that motivate me as I serve you:

- **Belief in your Potential**
*You are created in God's image with the ability to accomplish **all** that your destiny includes.*
- **Uniqueness must be Celebrated, not simply tolerated.**
*What's best for you is best determined **by** you. Your destiny cannot be achieved by following someone else's path.*
- **Respect the Process**
Change occurs through experience and you are responsible for your own choices and decisions.
- **Personal Growth occurs best in the context of Authentic Relationships**
Sustainable change is empowered by the support, encouragement, and accountability of people who care about you.



QUALIFICATIONS

- B.A. Psychology
- Lifeforming Credentialed Life Coach
- Lifeforming Credentialed Coach Trainer
- Over 30 years experience in the business / small business environment
- Over 30 years leadership experience in religious and non-profit organizations
- Founder of Kingdom Training Institute and The Dreams Network

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...you can grow anywhere.

If you want to get the most out of life, take the coaching challenge: Call me today, and let's explore together what having a personal life coach can do for you!

What is Coaching?

A PROFESSIONAL LIFE COACH IS A PERSONAL CHANGE EXPERT.

Coaches help people like you grow faster, perform at a higher level, understand themselves more deeply, and live with greater purpose and fulfillment. In the same way that a personal trainer helps a pro athlete maximize performance, a personal coach can help you get the most out of life.

What Happens in a Coaching Appointment?

Coaching appointments begin with a chance for you to report on your progress, and end with a clear set of action steps you choose to take in the week ahead. But what is that essential spark between you and your coach that makes the relationship so transformational? Below are four facets of the power of coaching:

- **Coaching is a Transformational Conversation.**
The biggest surprise for first-time clients is realizing that the coach isn't there to give advice. Instead, powerful, incisive coaching questions stimulate you to examine the things in life that matter most from new angles. A coaching conversation can transform the way you look at life.
- **Coaching is a Transparent Relationship.**
A coach is a friend and confidant, your greatest supporter, and someone who knows you well enough to call out the best in you. A transparent relationship with your coach frees you to go to places you've never gone before.
- **Coaching is a Support System for Change.**
With support, encouragement and accountability from someone who believes in us, we can do far more than we'd ever accomplish alone. A coach helps you stay on track, overcome obstacles and convert your want-to into concrete steps that get in your date book and get done.
- **Coaching is Continuous Leadership Development.**
Coaches don't give solutions: they help you solve your own problems. Coaching is helping you learn instead of telling you what to do. By leveraging every situation to build your capacity as a leader and a person, coaching prepares you to conquer much bigger challenges in the future.

What Can I Work on with a Coach?

The answer is, "Just about anything!" Increased performance, discovering your destiny, getting organized, regular exercise, slowing down, turning a dream into reality...you only need to answer the question, "What do I want to accomplish?"

Coaching works in just about any area because it is about helping you learn. A coach is not an expert advising you in a particular field (that's consulting), or someone more senior who's showing you the ropes (that's mentoring). Coaches are change experts who help you find the solution for your unique situation. So if you want more from life—more growth, greater purpose, maximum performance—look into what a personal Life Coach has to offer!