

# distance life coaching

WITH CARL MASSY

There are (in the most simplistic terms) essentially four steps to achieving whatever it is that you want in your life.

Step 1: Get a very clear picture of WHAT you want to do, be, or achieve

Step 2: Work out the HOW (which can actually be the easiest step)

Step 3: Taking the first step in a new direction

Step 4: Keep going when the going gets tough



We can do all of these on our own – though sometimes Step 1 gets pretty damn confusing as a result of the external influences we have had throughout our lives from parents, teachers, family, and friends. But let me assure you, like most other things in life, it is a whole lot easier if you have some help throughout Step 1 to 4.

We pay for someone to cook us food at a restaurant, or cut our hair for us, or teach us how to improve our tennis strokes, or teach us how to drive a car, so why not get someone on the payroll to help you get more of the things you want in life and less of the stuff that you don't want. Don't you think that it sort of makes sense?

## SO WHY HAVE YOUR OWN LIFE COACH ON THE PAYROLL?

- To help you get really clear on what you want (and don't want)
- To provide an external perspective on your life's path
- To get a professional opinion on what might be driving your behaviour and the tools to overcome any unresourceful behaviours
- To come up with an exceptional Plan on how to get what you want
- To get opinions on issues from a person who is not emotionally involved in the outcome
- To have someone on your payroll that is helping you get what you want (not what they think you want)
- To help you get started
- To encourage you when you lose focus or motivation
- To show you the positive outcomes of any situation that you face
- To lend their support to help you get over, through, around obstacles
- To hold you accountable to your own plan

## WHY CARL MASSY?

- He used to plan multifaceted security operations for the Olympic Games, so is an exceptional planner; specialising in problem solving and contingency planning for complex scenario's
- He was managing and leading people from 20 years of age (20 years ago)
- As a Life Coach he deals directly with many clients personal issues and challenges, so has a broad knowledge on what drives human behaviour (plus he has attended numerous courses, seminars and programs to better understand latest developments in human achievement)
- He has a broad network that he draws on to assist his clients achieve their dreams
- He can be a leader, a friend, a tyrant, a saint, a contractor, a consultant, and your better conscience
- He is a qualified Personal Trainer

carl massy  
Neuro Linguistics Life Coach



- He can find the positive in ANY situation
- He is very passionate about making people happy (so doesn't give up)
- He is personally optimistic and happy
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- He is personally optimistic and happy

## THE DETAILS

The diagram below gives the general details for the three different packages available. Obviously the big difference is the amount of direct Phone Coaching Sessions, which is always followed up with a written summary and action steps.

Life Coaching Package	1 Hour Phone Coaching Session <sup>1</sup>	Weekly Email Exercises	Weekly questions answered <sup>2</sup>	Relevant Articles	SMS prompts <sup>3</sup>	Monthly USD	3-Month USD
Platinum <sup>4</sup>	4	Yes	Yes	Yes	Yes	\$400	\$990
Gold	1	Yes	Yes	Yes	Yes	\$200	\$450
Silver		Yes	Yes	Yes	Yes	\$150	\$350

Notes:

1. The coaching sessions will be on Skype or to a landline (calls to mobile phones may incur an increased cost)
2. The weekly email questions from client will generally be answered in one email unless the coach decides that an immediate response is required
3. This is no set limit to the SMS prompts from the Coach
4. The Platinum clients may call the Coach at any time (in emergencies) but the costs will be covered by the client
5. There is a 20% discount on all the prices for existing or extending clients.

**If you would like more details about how the Distance Life Coaching can work best for you, don't hesitate to contact Carl at [carl.massy@exercisinghappiness.com](mailto:carl.massy@exercisinghappiness.com).**

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