



## One-on-One Coaching

Success in life is not just about skills, capabilities and having the best environment – although that all helps. It has become evident that sustainable success is mostly about possessing a resourceful mind-set: beliefs, values, and mental attitudes that support us to get what we want or be who we desire. Coaching has become a fast-growing modality by which we can work in collaboration with an expert to create our future. When did you last indulge 90 minutes of self-reflection with an expert to help you focus on what you truly want in your life?

If you are interested in getting a sense of what coaching is or isn't, to clarify and obtain the outcomes for the success you truly deserve in your life, please contact the Dr Yvonne Sum Group on [tlc@dryvonnsum.com](mailto:tlc@dryvonnsum.com) for an obligation-free complimentary 1.5 hour Introductory Coaching Session as a gift to your self.

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