

LIFE AND EXECUTIVE BUSINESS COACHING

“Getting to the next level is not something we can control or ‘will’ into being. Becoming better is not about willing better performance, it’s about becoming someone who performs better and performs differently. This change can only occur within the context of the right relationships.”



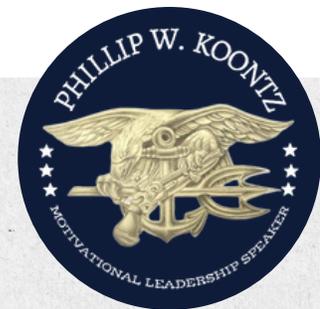
There are no Rambo's in the SEAL Teams — no matter what the circumstance, we have each other's back. At some point in our lives everyone feels stuck, confused, depressed, unmotivated or unsatisfied. Even though these issues are normal to experience, we cannot ignore them hoping they will go away. Just like every car needs a tune-up or oil change, the most successful people reach out to others to help them reach higher levels. As human beings, we were all created to live and thrive in relationships and, at times, we need a trusted person to come alongside us. **I help my clients develop a clear roadmap of not only where they want to go, but how they will get there.** Simply put, I help motivate and encourage my clients to become the best version of themselves.

MY LIFE COACHING INCLUDES:

- Four one-on-one sessions (1 hour each) every month
- 4-5 personality tests to help gain better Emotional Intelligence (EQ)
- Developing 3-4 ongoing SMART goals (both business & personal)
- Identifying core values and vision statements
- Conducting thorough SWOT analyses (for both personal and professional areas)
- Exploring unique Cognitive Behavioral methods and building greater Mental Toughness
- Incorporating positive life choices and creating healthy habits and disciplines

OTHER CURRENT TOPICS INCLUDE:

- Time Management
- Growing your business in a digital age
- Leading yourself and others well
- Thriving in the midst of uncertainty
- Work/Life balance
- Conflict resolution and negotiation



In my coaching program there are no binding contracts and you are always in the driver seat. My job is simply to help you navigate well. I draw from both my formal education (MA in Leadership and Graduate classes in Counseling), and my life experiences (as a Navy SEAL, a widower, and survivor of many other life tragedies).

For more information, please email me at: info@philkoontz.com. You can also watch a client testimonial [here](#) or [here](#).