



Many persons struggle with the decision whether to go back to school or not. After speaking to our certified professional life & corporate coach Cheryl Messam there was so much information to share... here is what she has to say:

Coaching Yourself to Make Better Decisions for Life, School & at Work

Are you facing a dilemma and wondering "What do I do now?" Well if you are feeling anxious and less self-confident, then take a deep breath, let it out slowly and relax. You are normal and you are going to get through your decision making dilemma and be OK. The Lynch pin of the Life Coaching discipline is posing the right questions. These are questions that help clients think deeply about what they truly want, clarify why it is important to them and what it will take to achieve the satisfying outcome they desire. The good news is, you can ask yourself those questions and coach yourself to a satisfying outcome. Here are 3 powerful questions you can ask if you are currently experiencing a dilemma in your personal and professional life.



For able sixth formers and grade eleven students

A-QUEST College Counsellors

Memo: To parents of able sixth and fifth form students
From: Dr. Dennis A. Minott
 C.E.O of A-QUEST
Subject: College preparation and SAT coaching
Date: Summer 2013



In the past 28 years, A-QUEST has maintained the best scholarship/acceptance records of all Jamaican and Caribbean coaches to the following US Universities.

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| • Amherst College | • Pomona College |
| • Bard College | • Princeton University |
| • Bates College | • Randolph College |
| • Bennington College | • Reed College |
| • Brown University | • Smith College |
| • Bryn Mawr College | • Spellman College |
| • College of Idaho | • Stanford University |
| • College of Wooster | • Swarthmore College |
| • Columbia University | • United States Air Force Academy |
| • Cornell University | • University of Chicago |
| • Dartmouth College | • University of Pennsylvania |
| • Davidson College | • UWC High School |
| • Duke University | • UWC High School |
| • Earham College | • UWC High School - Pearson (BC) |
| • Franklin and Marshall College | • UWC High School (Puna) |
| • Grinnell College | • UWC High School-Armond |
| • Hamilton College | • Hammer |
| • Hampshire College | • UWC-Atlantic-Wales |
| • Harvard and Radcliffe Colleges | • Vassar College |
| • Harvey Mudd College | • Washington and Lee University |
| • Haverford College | • Wellesley College |
| • Hollins University | • Wesleyan College |
| • Ithaca College | • Wesleyan University |
| • Johns Hopkins University | • Williams College |
| • Kalamazoo College | • Wittenburg University |
| • Lafayette College | • Yale University |
| • Lawrence University | |
| • Macalester College | |
| • Middlebury College | |
| • MIT | |
| • Mount Holyoke College | |
| • Ohio Wesleyan University | |



We have online classes worldwide (Dubai, Aruba, Singapore and US)

We have classes in Kingston, Mandeville, Montego Bay, Port Antonio and online. Contact us at: 418-0418 or email us at prudent_one_ja@yahoo.com

Which of My Values will be Honoured or Violated? Your values are your deeply held beliefs. They highlight what YOU consider important for the significant areas of daily living e.g. family, marriage, parenting, health, finances, business, education, career, friendship and leisure. Your values are shaped by your family, your upbringing, your education, your religion, your country and your ongoing life experiences. Consequently, your values are an important part of your identity. Your decision making should aim at honouring your values or protecting them from violation.

How Will this Help or Hurt My Goals? Your Goals define as clearly as possible what you truly want. They must be Specific, Measurable, Achievable, Realistic and Time-bound (SMART). When faced with a dilemma which leaves you seemingly clueless, brainstorm by thinking of solutions that would enhance the goal/desired outcome you have in relation to the matter. If your dilemma is due to your need to decide among competing choices, search for the choice that best keeps you on track with your goal. Be careful to ensure that your short-term decisions do not derail your long-term goals.

Who Can I Ask for Help? Your courage to ask for help when you need it is one of your most important character traits. All around you, if you take the time to look, are helpful people who have experiences, perspectives, ideas and resources that can assist you in making the best decisions in your personal and professional life. You either know these solution providers personally, or know people who can connect you to them. But you have to muster the wisdom, the courage and the humility to embrace your limitations and lean on others, so that you can be enriched by their contribution. This will increase the likelihood that your decisions will be based on the best information possible.

Being unsure, confused and fearful about the how things will turn out every now and then, is a normal part of life. Trust the process because you are the expert on YOU, by slowing down to ask yourself some clarifying questions, you will reconnect with your vast internal resources and craft strategies that will set you back on your desired path of excellence in life and work.

Cheryl Messam is a Certified Professional Life & Corporate Coach who supports Professionals who wish to develop their Self-Mastery and Leadership Skills. Contact Cheryl at cheryl@youmindjamaica.com