

LIFE COACHING SERVICES

In our Coaching Sessions we partner with our Clients to create a personal, non-judgmental, caring, confidential and challenging alliance, in order to enable them to achieve SELF MASTERY through increasing their capacity to:

- Set realistic **goals** which are deeply connected to their values.
- Explore, and interrogate their own **attitudes** and **emotions**.
- Protect and preserve their intentions and goals through setting and honouring **healthy boundaries**.
- **Ask** for what they genuinely want.
- **Stay on task** and work through commitments to self and others, until complete.

HOT TOPICS!

- Goal Setting & Achievement
- Career Management
- Self-Care Using Healthy Boundaries
- Mastering Interpersonal Skills
- Coping with Workplace Issues
- Confident Communication
- Improving Productivity

COACHING CONTEXT

- *Coaching medium:* Typically ***by phone** or internet-telephony e.g. Skype
- *Session length:* 60 mins.
- *Clients served:* Professionals, Local (Jamaica) & International
- *Coaching options (weekly):*
 - 12 sessions (*Industry recommended)
 - 8 sessions
 - 4 sessions
- *Payment* - Monthly payment option
- *Client Support* - Access to Coach between sessions by email and phone for clarification, questions and encouragement.

Ask about our **Corporate Coaching Services** for **Leaders & Organizations**.

FOR MORE INFORMATION & APPOINTMENTS

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YOU in Mind Jamaica

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YOU in Mind
JAMAICA

Your Ally for Excellence in Life and Work



Cheryll Messam, CPC, ELI-MP

Certified Professional Coach &
Energy Leadership
Master Practitioner

LIFE COACHING



MASTER PRACTITIONER
ENERGY LEADERSHIP™
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YOU in Mind Jamaica

YOU in Mind Jamaica (YMJA) is a personal and professional development company, owned and managed by Cheryl Messam, Certified Professional Life & Corporate Coach. At YOU in Mind Jamaica we support your ongoing growth in the context of your personal and professional life, through the provision of products, services, information and experiences which are *relevant, motivational, inspirational, and educational*.

We work with you to create a powerful, energetic and effective alliance which results in your attaining excellence in your personal life and career. YOU in Mind Jamaica is your ally in creating the whole, satisfying life you desire.

Our main service is professional coaching in the context of the Life Coaching industry, with a **focus on Life Coaching and**

Corporate Coaching. This is further supported by the following options:

- Individual Coaching
- Group Coaching
- Assessments
- Workshops
- Webinars
- Keynote addresses
- Informational products
- Inspirational products

LIFE COACHING SERVICES

Life Coaches accept that people have the solutions for their lives within them, but may need the support of a partner to provide, a safe, confidential and non-judgmental environment in which to clarify their goals; increase awareness of their options; as well as awareness of blocks to their progress and identify and select a plan to move forward.

Unlike **Therapists/Mental Health Counselors**, Coaches do not treat mental illnesses or dwell on the past or dysfunction. Nor do they try to analyze or treat behavioural problems. Coaches focus on the opportunities that life experiences provide, and on solutions that will take Clients from where they are now, to where they want to be; while always honouring the Client's agenda.

LEADERSHIP SPECIALIZATION: *Self Mastery*

Self-Mastery is **personal leadership**, which is the ability to thoughtfully make choices to enhance your life, and calmly follow through with focus and discipline, despite opposition, challenges or setbacks; to achieve the meaningful outcomes you envision for your life.

At YMJA we work with **professionals** who are very aware of their worth, and who have become dissatisfied with living mediocre lives. These professionals recognize that they have developed **counter-productive habits and attitudes** which have held them back from enjoying the quality life they want. Now they are ready to take action and are committed to doing what it takes to create the satisfying life they deserve.