

Challenge Time

Written by Gayle Nobel

Monday, 28 April 2014 16:00 - Last Updated Monday, 28 April 2014 23:06

Another challenge? Am I nuts?

Don't answer that. I will. Yes, but in a good way.

My coach has given me an outrageous challenge and I could use your help. He has given me just 30 days to schedule 100 Powerful Coaching Conversations. I have to block out at least 90 minutes for a life-changing conversation with each person. The cost is zero and the responsibility is all on me.

So, who do you know who might want to spend 90 minutes with a life coach who supports and helps people reframe their challenges and conquer the obstacles in their way? Who do you know who would like to create powerful change in their lives?

Fortunately, I just need to schedule the conversations and not have them all in 30 days. I said I was "in" so now I need to figure out how to make this happen.

As many of you know, I have been in life coach training for the last year. I am finishing up my coaching requirements for course completion. I am close to graduation and launching my coaching business "The Art of Possibility." This challenge is a great opportunity for me to practice, practice, practice and gain another 100 hours of experience under my belt with 100 new people.

Coaching is done via phone or Skype throughout the US and internationally.

Who do you know?

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"Fear is misunderstood excitement. When we contemplate change, we get a bubble of energy. If we are in a state of well-being, we will feel exhilarated by that energy. If we are insecure, we will get frightened."

~~Fritz Perls

