

Have you considered coaching... but cannot find the time, fear the expenses, don't know where and what to look for, and prefer to be discrete and personal?

Phone-coaching might be right for you!

In fact:

94.3% of coaching sessions are done over the phone and are just as effective as face-to-face coaching. (International Coaching Federation)



Why phone coaching works?

- it is **efficient** – sessions from home, or office
- there are **no distractions** to divert either the coach or the client, instead the **focus is on content**
- it is **confidential** and **anonymous**
- high **commitment** and **flexibility**
- it is **convenient** and **affordable**

***** where coaching can help: personal concerns, self-development, desired change, conflict, defining and maintaining goals, career struggle, time management, relationship turbulences...**

***** coaching languages: English, German and Arabic**

You can schedule a free/noncommittal 30 minute trial with Mona Shair, a fully certified coach, NLP practitioner, and managing director of **key2advance**.

via email: contact@key2advance.com

or Phone: 00 32 486 936 864

www.key2advance.com / skype name: monashair

Coaching rate: 75 Euros/370 Dhs for 60 minute sessions



**International
Coach Federation
Member**

