



How Do You Measure Success?



Patricia Lavigne
Separation & Divorce Coach





I received an email asking me how I measure my success as a Coach.

I would love to hear from you about how you measure your success.

Dear Sir/Madame

I have impacted several people's lives in many ways throughout the last 15 years by running variety of events, programs, courses etc.

My passion is to help, guide every person the best way I can. There is no percentage of success that I can give to you in numbers but rather tell you that it is countless of times that I have offered people joy, happiness and personal growth in their life.

As a Coach, I do not heal people I work with people in helping them move forward in their life. It's no different than a doctor he/she does not heal you. He/she provides a medical opinion that could be in a form of medicine, treatment or physical activities. At that point it is up to the individual to want to proceed with the method of what the doctor prescribes at that stage you then start to see results.

As a Coach, I take a similar approach I meet with my clients and see if there is a connection and then we work together in creating a plan to help you move forward. It is up to the client to take action or initiative to work on the results. I take a very honest approach with my clients and only work with clients that want to take action to gain results.

The measurable treatment is accountable and is up to the client to gain results through motivation, determination, taking action and working on the work exercises etc. which in turn will offer personal growth and success.

By the end of the session we will then discuss the results to identify the progress. At that stage it is discussed if the client is ready to proceed on their own or become a lifetime member.

I feel it is important to stay connected with my clients and continue our working relationship by offering a ongoing monthly service. They will



know I am always there to continue guiding them to move forward and stay aligned with their personal goals.

A Lifetime of Healthy Living

My question to you is: How do you measure your success?

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous