

# Struggling with Christmas Gifts this year? Give the gift of Perspective.

What's your Christmas shopping strategy? Do you start shopping in January and pick up things for everyone throughout the year or do you usually realize you still haven't got any presents in mid December and end up buying something ... anything?

If you are still looking for the perfect present for your partner, your best friend, your mum and dad or yourself - don't look any further than our fabulous Christmas Offers below. Give them or yourself the gift of time. Time to focus purely on yourself.

## Compass Coaching (1 x 2 hours)

Where are you? Where are you going next? This focused two hour session will help you define your true priorities personally or professionally for the new year and your next action steps.

It is also a great introduction to Coaching for those of you who have not had the pleasure to experience it so far. You will leave with a complete strategic plan for 2009.

Normal Cost: ~~\$550.00~~  
**Now Only \$440.00**

## Group Coaching\* (5 x 1 hour)

For those of you who like Group Interaction and learning with and from others. Under the lead of one of our senior coaches a small group of like minded people will meet on a regular basis to share, reflect, take action and hold each other accountable.

\*Minimum 4 max 6 participants.

Normal Cost: ~~\$825.00~~  
**Now Only \$660.00**

## Phone Coaching (5 x 1 hour)

For those of you who like convenience, are short of time or based outside of Melbourne. No need to travel, no need to dress up. Just pick up the phone and start transforming your life.

Normal Cost: ~~\$1,100.00~~  
**Now Only \$880.00**

## Individual Face to Face Coaching (5 x 1 hour)

For those of you who like the personal touch and for once want to focus purely on yourself.

Normal Cost: ~~\$1,375.00~~  
**Now Only \$1,100.00**

## Why coaching?

Coaching enables you to:

- Move from procrastination to action
- Increasing efficiency and reducing self-sabotage
- Setting inspiring goals and achieving them
- Develop your capabilities and personal awareness
- Boost your confidence
- Raise your motivation and sharpen your focus
- Improve your impact on others
- Deal with personal issues that are impeding your performance

## How will coaching help me?

The exact shape and flow of every coaching assignment is as different as each client but all will include helping you:

- Identify what is at the heart of your issues
- Articulate clearly what you want
- Understand your part in the way things are
- Examine your options for moving forward
- Make and deliver achievable plans for reaching your goals

## Meet The Team



**Pollyanna Lenkic**

CPCC (Certified Co-Active Coach)  
Certified Practitioner of NLP  
Certified Clinical Hypnotherapist

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**Manuela Amgwerd**

Certified Master Practitioner of NLP  
Certified Coach

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**Sandi Bookatz**

B.A. Social Worker (Honours)  
Counselor

[View Profile](#)



**Vivienne Barrett**

CPCC (Certified Co-Active Coach)  
B.Bus.

[View Profile](#)

## Testimonials

"I am constantly surprised by how much Vivienne wants more for me than I think is possible. I am constantly and more importantly, consistently stretching myself and achieving the outcomes we set up together..."(continue reading)

**Alan, Executive, Global Technology Company**

"I want to let you know that you have had a profound impact on my life... Not only has my life changed but also the lives of my loved ones, colleagues and friends..."(continue reading)

**Mark Bennett, Mortgage National**

"I would like to take this opportunity to thank you for the work you have done at GE Commercial Finance, Fleet Services in 2005 and this year..."(continue reading)

**Michelle McDonald - Futureye**

"I was lucky to be coached by Manuela Amgwerd. I have always found her passionate coaching style very inspiring and resourceful..."(continue reading)

**Heike Sauermaann, Marketing Manager - Client Acquisition, City Index London**

This fabulous offer is available until the 30th of January 2009. Contact me on [manuela@perspectivescoaching.com.au](mailto:manuela@perspectivescoaching.com.au) now to obtain your Gift Voucher or your own personal coaching package.

Best Regards,

*Manuela*

Manuela Amgwerd

