

Coaching Professors Online Life-Path Workshops

WWW.COACHINGPROFESSORS.COM

928-282-7447

“Ineffective Behaviors” – Often “ineffective behaviors” are very effective in stopping us from realizing what is most important to us. Learn their source, what they achieve, and what they stop us from achieving. Learn the process of how to identify and handle ineffective behaviors.

QUESTION: What Do You Mean By Ineffective Behaviors?

ANSWER: When we are young, we think of many things we want to achieve...when we grow up we start losing sight of those childhood and teenage dreams...we start building behaviors that stop us from achieving what we say is most important to us...that prevent us from having those relationships we say we want, from receiving the business promotion we have been hoping for, from achieving the loss of weight we have been chasing for many years and the physical fitness we are looking for, from acquiring the money we would like to have...instead of staying on course and achieving what we want. Ineffective behaviors distract us and direct us to doing something else of lesser importance.

QUESTION: What Can We Do About Ineffective Behaviors?

ANSWER: The program allows the participant to understand the source of these ineffective behaviors, their primary and secondary consequences and the cost of continuing being controlled by such behaviors.

QUESTION: Will I Learn How To Stay Away From Ineffective Behaviors All My Life?

ANSWER: The mind is a very “tricky” part of who we are and it will attempt to throw at us additional ineffective behaviors yet unfamiliar to us. However, the teaching of the program will allow the participant to realize that new ineffective behaviors have just surfaced and how to overcome them...a refresher class every few years (the program is very affordable and only four weeks long) might be your choice if you cannot defeat your new ineffective behaviors.

I invite you to join us at www.coachingprofessors.com and see what we do and how you can transform your life...with our online programs attending our programs has now become easy and convenient.