

WHICH ROAD IS THE RIGHT ONE? THE ONE YOU CHOOSE!

“The great source of both the misery and disorders of human life seems to arise from overrating the difference between one permanent situation and another. Some of those situations may, no doubt, deserve to be preferred to others, but none of them can deserve to be pursued with that passionate ardor which drives us to violate the rules either of prudence or of justice, or to corrupt the future tranquility of our minds, either by shame from the remembrance of our own folly, or by remorse from the horror of our own injustice.”

ADAM SMITH

About Anna

Anna Manning has a BS in Accounting, an MBA in Organizational Behavior, and an MS in Management & Administrative Sciences, and she is a former CPA.

She is a graduate of both Coach University and Corporate Coach University. She is also a graduate of the Relationship Coaching Institute and is a licensed relationship coach through RCI.

She is a member of the International Coach Federation and the San Antonio Professional Coaches Association.

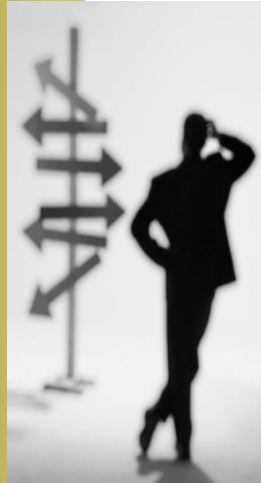
Alice came to a fork in the road.

“Which road do I take?” She asked.

“Where do you want to go?” responded the Cheshire cat.

“I don’t know!” Alice responded.

“Then,” said the cat, “It doesn’t matter.”



ANNA MANNING, MBA, MS



Phone: 830-837-5940

E-mail: anna@annamanning.com

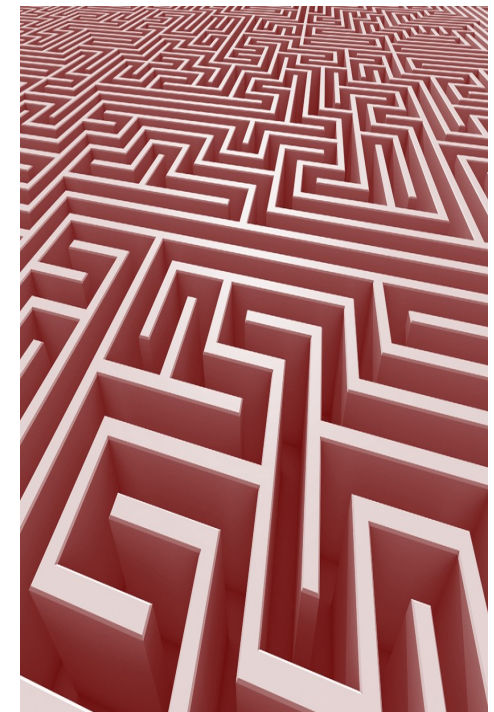
www.annamanning.com



Anna Manning

WHAT IS PROFESSIONAL COACHING?

ANNA MANNING, MBA, MS



Take the confusion out of your life. Hire a coach!

PHONE: 830-837-5940

WHAT IS COACHING?

Coaching is a relatively new profession that has synthesized the best from psychology, business, evolution, philosophy, spirituality, and finance to benefit the entrepreneur, the professional, and the business owner.

Why does it work?

Coaching works because of three unique features:

Synergy—Client and Coach become a team, focusing on the Client's goals and needs in order to accomplish more than the Client would alone.

Structure—With a Coach, a Client takes more action, thinks bigger, and gets the job done.

Expertise—The Coach knows how to help the Client make better decisions, set the best goals, and restructure his or her professional and personal life for an enhanced

quality of life and for maximum productivity.

Who Works with a Coach?

Entrepreneurs, business owners, professionals, and people in *transition* use a Coach to help them fix, solve, create, or plan, personally or professionally.

What is worked on?

A sample list of what the Client and Coach can work on includes, but it not limited to the following:

- Business planning, budgeting, and goal planning and achieving
- Integrating business and personal life for balance
- Turning around a difficult life or career situation
- Making key decisions and designing strategies
- Improving communication skills

How does a Coach do this?

Coaching is delivered by scheduled sessions, usually three to four times per month, by phone



WHAT DO YOU
SEE WHEN YOU
LOOK INTO
YOUR FUTURE?

or in person, depending upon the needs of the Client. The Client brings an agenda of items to the session to be explored. If a specific goal is on the agenda, the Client and Coach will create a strategy for achieving that goal.

What should I look for in a Coach?

The right coach brings out your best, consistently. Ask the Coach about his or her track record with clients who had goals similar to yours. Ask for a free session to determine how you feel when working with this coach. After this session, ask yourself the following questions:

- Do I feel inspired to act?
- Do I feel comfortable working with this Coach?
- Can this Coach stay one step ahead of me?
- Will this Coach keep me accountable?

ANNA MANNING, MBA, MS
BUSINESS AND LIFE COACH

For more information, contact me
at 830-837-5940, or email me at
anna@annamanning.com

www.annamanning.com



HOW HAVE YOU
DEFINED YOUR
FUTURE?