

Design Your Ideal Life

With Life Coaching by Bernadette Schwerdt

Are you happy? Are you living your ideal life?

If you're tired of struggling to achieve success in life and are looking for an easier way, a life coach can help.

A life coach helps you discover what it is you really want out of life, and more importantly, give you the tools, strategies and motivation to create the life you know you deserve.

How much time do you waste?

You have 24 hours in every day. That's 1440 minutes. No more. No less. When they're gone, they're gone.

If you know in your heart of hearts that you're not making the most of every day, you'll also know you're missing out on having the life you know you deserve.

If you want more out of life and don't know how or where to begin, you need a Life Coach.

What is Life Coaching?

A Life Coach:

- helps close the gap between where you are and where you want to be.
- points out things you can't see and gives you ideas on how to improve your performance.
- helps you find out what really matters to you, and works with you to develop strategies for achieving those goals.
- challenges you to go beyond where you normally stop.

It's about seizing the power that is already within you and using it to lead a life of your own design, rather than one that's been scripted for you by your past, your parents, or your environment.

What will a Life Coach do?

A Life Coach will identify, with absolute precision:

- what it is you really want
- what's holding you back from getting it
- what you need to do to get it

By hiring a coach, you are making a commitment to yourself to achieve more from your life. You will be investing in your most important asset — you.

If you do what you've always done, you'll get what you've always got.

If you're tired of not getting what you want out of life, you need to change something. Anything. But you do need to change. And if you feel like you've tried everything, then maybe now is the time to consider a Life Coach.

Don't waste another minute wishing your life could be different. It can be different if you take action now.

Call Bernadette now to discuss how you can start living the life you've always wanted.

Coaching can be done in person, over the phone or in a group.

Bernadette Schwerdt
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"As my coach, Bernadette has given me the spark and inspiration to go for my goals. I have a young baby and a busy career in the film industry and I could not have done what I've done without her coaching. I cannot recommend her highly enough."
- K. Claren, Film Producer.

Who is Bernadette Schwerdt?

Bernadette is a coach, corporate trainer, professional speaker and actress.

Coach and Corporate Trainer:

Bernadette has been working in the coaching and corporate training field for 15 years.

She leads groups in Leadership, Presentation Skills, Negotiation, Conflict Resolution, Client Communication and Executive Coaching to the top executives of major corporations as well as private individuals.

Professional Speaker:

Bernadette has been a lecturer for 17 years in the areas of Marketing, Advertising, Consumer Behaviour and Communications and has lectured at RMIT, Melbourne University, Australian Direct Marketing Association (ADMA), Swinburne University, North Sydney TAFE, Holmesglen TAFE and is also the founder of The Australian School of Copywriting.



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Actress:

Bernadette trained full-time as an actress at the Victorian College of the Arts and has been seen regularly on stage and television including show such as *Blue Heelers*, *Halifax fp*, *Neighbours*, *Backberner*, *The Games*, *Round The Twist*, *GP*, *The Denton Show* and as the specialist marketing reporter for Channel Nine's *The Small Business Show*.

Credentials:

Bernadette holds a Bachelor of Business (Majoring in Marketing). She is a Certified Meta-NLP Practitioner of Neuro Linguistic Programming (NLP) through the International Society of Neuro-Semantics; an accredited instructor of the Myer Briggs Type Indicator (MBTI), DiSC and PADI, and has the Certificate IV in Workplace Training and Assessment. She was the recipient of the Queen's Silver Jubilee Trust for Young Australians.

Client List:

Clients have included *Accenture*, *Department of Premier and Cabinet*, *Booz Allen Hamilton*, *ANZ*, *Phillips Fox Law Firm*, *AMP*, *Honeywell*, *ACP*, *North Melbourne Football Club*, *Merrill Lynch*, *KPMG*, *Macquarie Bank*, *Microsoft*, *Austrade*, *National Australia Bank*, *BT Financial Group*, *Cadburys*, *Ford*, *GE* and more.

Special Offer:

Phone today to receive a free 30-minute trial coaching session.

It's a free, no obligation session to show you how life coaching can help you achieve your goals – you'll get results even from one session!

Money Back Guarantee:

*If you don't get the results you want, you'll get your money back.
No questions asked.*

Contact Bernadette for your free trial session.