



Kris Cavanaugh, Professional Life Coach

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"Google" Me for More Information

- *Are you frustrated with the challenges of your life, but can't seem to find a way to overcome them?*
- *Do you have important goals you are trying to reach, but haven't a clue as to how to get started?*
- *Are you struggling with work/life balance issues, but feel too overwhelmed to find a solution?*

When people want to get "in shape," they typically hire Personal Trainers because of their expertise in fitness and nutrition. **Hiring a Coach is based on the same premise.** Professional Coaches have the expertise to help people get their lives, careers, business, or anything else "in shape," when they do not know how or where to begin. Coaches will create a customized program to help you exercise your mind, discover your potential, and build skills to overcome any obstacle.

Coaching programs are for people who are already at a fairly stable, healthy, functioning place in life, but want to do some serious personal growth work in order to gain a sense of fulfillment and satisfaction more consistently. **The goal of coaching is to help people master the ability to produce the results they want in all areas of their life, with a sense of well-being.**

Take a minute to reflect on your life. **Are you truly achieving your heart's desire in every area?** If you know things could be better, contact me. Coaching is a wonderful way to turn things around and improve your quality of life. Go to my website (www.transformationjourneys.com) and read through the Q&A and Resources sections, then give me a call at 404-551-3601 to schedule your "Design Your Life" coaching meeting.

What are the benefits of investing in a coaching program?

You will:

- *Gain more control of your personal & professional life.*
- *Spend more time with your loved ones.*
- *Enhance your ability to handle stress.*
- *Become more pro-active and not re-active.*
- *Achieve your personal / professional goals and dreams.*
- *Obtain the life you want.*
- *Improve your time management and budgeting skills.*



Client Testimonies:

"I wasn't seeking a Life Coach when I met Kris, but when we started talking and sharing stories, I knew she was the person who could help me learn to organize my life to be more of what I wanted it to be. Now, I'm half-way through the five month program with Kris, and already my life is shaping into something I can be proud of. Simple things, yet so important, such as: time with my family, dates with my husband, growing deeper in my faith, working towards my degree, exercising, becoming a better friend—all by being true to my purpose. I will encourage anyone considering having a personal coach to talk with Kris...." [From Cyndi Simmons - Greater Grayson Chamber.](#)

"About a year ago I was diagnosed with osteoarthritis...I had to stop working as a welder and became unemployed....I had no idea what I was going to do and began to give up on all of my dreams and life in general....Kris invited me along with a small group of her friends and associates to a "Dare to ask, 'What if....?'" workshop. It was during that workshop when I began to see some hope again. Kris and I spoke a couple of days later and I became her first client...I cannot adequately describe all of the positive effects having a personal Life Coach has had on me.... Thank You Kris for following your dreams so that I can see and shoot for mine again." [From Frank Shirey.](#)

**Call 404-551-3601 today to schedule your
“Design Your Life!” coaching meeting!!!**

***In just 6 months you can be well on your way
to having the life you’ve always dreamed about.***

Thank you for taking the time to read through my brochure. Not everyone is ready for a coaching program at this point in their lives. But if you happen to be one of the people who are, know that I am ready to be of service to you in whatever way I can.

Kris Cavanaugh
Professional Life Coach
Transformation Journeys Inc.

Accepting New Clients anywhere in the United States.

Serving the World, One Person at a Time!

Common Questions:

- *Why use a Coach?*
- *What does a Coach provide?*
- *How will I know if I am ready to be coached?*
- *How long does the coaching process take?*
- *What does coaching cost?*
- *What’s the difference between Coaching & Therapy?*

Go to www.transformationjourneys.com
to review the answers.

Click on the following link (<http://tinyurl.com/ytub9r>) to receive my **FREE** Newsletter which has great resources to obtain the life you want. In addition you’ll also receive (**at no charge**) the 12-week “Living Your Life On Purpose” email series, which will help you become more in control of every area of your life.

Biography



Hello! My name is Kris Cavanaugh and I have over 20 years of experience training and mentoring individuals. I have always been a visionary – seeing individual and business possibilities, and creating effective strategies to make them happen. Obstacles don’t exist for me...they are merely challenges to overcome with the help of friends and other resources.

My work history spans several industries in both middle and upper management positions for both corporate and non-profit companies. Despite performing well at each job, I never felt at peace with my work. So I finally quit and began a determined search to find a career that would truly mesh with my skills and personality.

To make a long story short, I realized that I needed to go back to my roots and find a job that combined my passion for helping people with my long-time dream of owning my own business. The reality of this dream became the company Transformation Journeys Inc.

I knew that I was really good at helping others realize their potential and formulate plans to achieve their dreams. In fact, I had been doing that in a non-professional way since I was a young adult. So it was a natural conclusion to invest my time and money to become a Certified Coach – allowing me the opportunity every day to help others gain a sense of well-being, fulfillment, and satisfaction in all areas of their lives.

I look forward to developing relationships with all my clients, and truly love watching their lives transform dramatically during the coaching process. There is nothing better to me than knowing every day I have a chance to make a difference in the world around me – one life at a time!