



How to find the most
supportive and **effective**
personal coach of your life

Why **one-on-one** coaching?

One-on-one work is the **fast track** for people who are ready for deep and lasting change: Now. You can work alone slowly, work in groups for more support and perspective, and work one-on-one for focused attention from a coach helping you be accountable to your best vision.

- Be held to your own highest standards.
- Get the support and the tools you need to succeed.
- Tailor your work directly to your situation.

Who has what **you need**?

Find someone who has **accomplished what you're looking for** and has helped others succeed too. If you want to get better at relationships, especially the one with yourself, look for someone who has done and is continuing the work of self knowledge, reflection, and development.

Make sure that your coach has the experience and training to be helpful to you.

If you're looking for help creating clarity, recovering from heartache or loss, building resiliency, finding joy, taming doubt and negative self-talk, communicating with clarity and compassion, loving yourself and your favorite people better, **Anne can help.**

Where are **you starting?**

A great coach is going to help you lay out where you're at right now. **How will you know you're progressing** if you don't have a good baseline? Make sure that your coach helps you identify where you're starting from as you design your plan collaboratively.

All of Anne's private-session work starts with a baseline questionnaire so that you can see **where you're at**, what's working for you, and where you want to focus on making changes.

Where are **you** going?

An effective coach is going to help you identify **what you want and how to get there**. Planning and setting a clear, specific, and actionable intention isn't a "nice to have"--it's a necessity.

Working with a life coach should feel revolutionary--at least some of the time. If you're not having significant ah-ha! moments that result in real change in your life, you can do better.

Anne helps you create **a clear path forward**. Together, we identify patterns that no longer serve you and find specific and doable practices to help you create healthier habits and mindsets.

What are **you working on?**

How is the work showing up on your daily life? Talking about change isn't enough. **You must practice** and evaluate the learning that you're accomplishing.

Your coach should have a rich set of skills, tools, worksheets, practices, and/or exercises that you are using between sessions to incorporate the learning into your body, your mind, your heart, your community, and the rest of your life.

Anne's work is grounded in modern **research-informed practice**, and decades of personal experience in **body-based learning**. Think breathwork, pain management, mindfulness training, and deep relaxation techniques.

What does **your gut tell you?**

Even if everything looks good on paper, the true test is a gut check: is this the person you want to work with? Check her out in person to see if you're a good fit.

There is no one right person for everyone. Meeting with someone gives you so much information—it's a great way to get a sense of if you will work well together. A coach will give you an opportunity to meet without committing to a contract.

Working with Anne to develop self-knowledge, you **begin to understand and trust yourself.** Anne requires a free intro session with all potential clients so that we can check in with each other and ourselves about whether we'll work well together.

Why Anne?

Anne helps you recognize where you're at, where you want to be, and how to get there.

She has a deep reservoir of **experience**, a strong set of **practices**, and a powerful way of **supporting** you and your most important dreams.

Find out more [about Anne](#) here.



What do clients say?

“Anne’s philosophy focuses on clarifying your own wishes, paying attention to what your body is telling you and taking action (with regular reminders) that allow you to sustain progress. If you’re wondering about re-finding “you,” **connect with Metamorphix**. I’m grateful I have and expect you will be too. “

“I have worked with numerous people over the years but Anne was, for me, far and away **the best practitioner with whom I have worked**. I liked that we set and returned to realistic goals, things that allowed me to stay focused on the work and not get lost in my own worry or self-doubt. “

“I had several sessions with Anne and really enjoy her style. [...] I always felt heard and supported. Yet **Anne’s questions also challenged me** and made me rethink previously held assumptions. Thus, I became more aware of negative behavior patterns and changed them almost immediately. “

Your Investment

- Free introductory session: [Sign up here](#) for a 30-minute session between you and Anne O'Connor.
- Regular 50-minute sessions are \$150.
- Ten percent discount for 6-month one-time payment.

Are you ready?

Sign up now for your free intro session and start becoming who you want to be--today.

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