



IPS is an international Marketing & Communications agency that operates out of Paris, France. Its multilingual offers include:

- Business & Life Coaching
- Public Speaking Coaching
- Business Conversation Classes
- Professional Presentation Support

For more information about this topic, visit our Web site at www.speakwellinpublic.com.

Business & Life Coaching

Discover sessions available in English, French, and German. They can be held face-to-face, on the phone, or via Skype, and guarantee meaningful results.

Is your business or life out of sync? Are you at an important crossroads in your life? Or perhaps you're in a place where you really want to push your business or life forward in a meaningful way?

Business and life coaching can help everyone in so many ways – if **YOU** are ready, I will be delighted to help you get clarity!

How do you know that coaching is right for you? Just try to respond to a few random professional and personal **questions** like the following:



- Is something bothering you and you are not sure how to react?
- Is your life run more by things you have to do, as opposed to things you like to do?
- Are you seeking a change in your job/career/or seeking a promotion?

- Is your company/team not meeting its targets?
- Would you like to start your own business doing what you love?
- Are you feeling unfulfilled in your relationships?
- Do you ever get a sense that there is much more to life than you are now experiencing?

If you answered “yes” at least once, I think you are really going to benefit from coaching.

So, **how does coaching work?** It's above all about attentively listening and asking constructive questions.

How many times a day do people really listen to each other? When I say listen, I mean really understand what another person is trying to say. And how much time is spent on following-up with questions that get you thinking deeply about what you are doing?

Coaching is not about analyzing your past. It's about this present moment and the future. You can't change your past but you can shape your future.

And how can coaching be applied to your professional or personal lives? For example, **business** managers come to me to help them focus and motivate their staff. It's all about looking at a company and discovering where and how it can be developed.

Life coaching, on the other hand, helps people to fulfill their personal goals. For example, increasing self confidence, improving health, or finding happiness.

In short: coaching helps you to achieve the results you want in less time and with greater ease than you could on your own.

Do you feel like giving coaching a try, as well? My company, International Presentation Services (IPS), has developed two types of **sessions** to find the answers to your questions:

- individual coaching – face-to-face, phone, Skype (30-45 minutes; 1-6 months)
- group coaching – face-to-face (60-90 minutes; 1-6 months)

My confidential sessions are available in **English, French, and German**. Whichever one you choose, I **guarantee** meaningful results. And our first non-binding discovery meeting is **free!**

I am looking forward to helping YOU make the difference!



A word **about me**. I am a certified Professional Coach and an Executive Communications expert with over 15 years of international experience in small, medium and large enterprises. As a result of marrying these two professions, I have successfully created Public Speaking Coaching.

I am anchorman of Speak Well TV and author of Speak Well in Public – the show and my book exist in English, French, and German.

Please feel free to **contact** me directly for free Business or Life Coaching cost estimates and any questions about IPS, any time:

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