Camelot Life Coach

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We all have a “life story” that sets the scene for our growth. Over the course of our lifetimes, we all tend to develop habits, attitudes, and behaviors that diminish our ability to accomplish more. In effect, our brains become programmed with negative neural pathways that self-limit us from realizing our full potential. But the good news is that we can transform our lives by changing our minds.

During our coaching relationship, we will unfold your story together in a totally confidential and supportive atmosphere. I will share how you can “rewire” your brain using a proven methodology called Mindset for Success. Through this program, I will help you identify, achieve and sustain your personal and professional goals.

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