

Dear Future Client,

Do you want to make a significant personal or academic change but are not taking the action to move forward towards what you really want?

I understand. In today's world most people are so busy juggling all of their commitments and responsibilities that it's easy to put true goals and desires on the back burner. It doesn't have to be that way!

As a Certified Academic Life Coach and educator with over 30 years of experience, I help my clients uncover what is really holding them back. By identifying and addressing their underlying fears, patterns and limiting beliefs, my clients stop making excuses and start taking action to live their best life.

In the past few years I've coached clients to:

- **Improve their study skills**
- **Enhance their level of motivation**
- **Improve time management**
- **Develop assessment strategies**
- **Get organized**
- **Achieve academically**
- **Gather educational resources**
- **Set and reach goals**

If you know that deep down that you are playing small and not achieving your full potential, academic life coaching is the fastest, easiest and most enjoyable way to make a significant life change.

Isn't it time to focus on what you really want?

The best way to discover if academic coaching is the best vehicle for making that happen is by having a free initial consultation. I conduct my coaching consultations by phone or the internet and they last approximately 45 minutes. During the consultation we focus on what's most important to you and what's keeping you stuck. You'll get to experience coaching and my goal is to give you some real value. We'll explore if we are a good fit and if coaching with me is the right decision for you at this time.

Or perhaps you know someone who wants to quickly move through whatever is holding them back. Many of my clients come to me via referral and I'd be happy to offer a free initial consultation to anyone you send my way. Ideal referrals for me are:

- **Student who want to improve academically**
- **Students who are in high school or college that need help with setting and achieving goals.**
- **Students who are ready to take action on a dormant dream or passion**

I know how hard it is to make an important change. Don't disregard the potential coaching can offer you. Decide that today is the day you take the first step towards being your best and achieving what you really want. Call or email me right now. I look forward to hearing from you!

Warm Regards,
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