

ARE YOU A CANDIDATE FOR PRIVATE COACHING?

Get Ready to Kick Your Inner Critic to the Curb!

Take the Quiz

- ___ You are done with just dreaming of change, you are READY for real change!
- ___ You are willing to discover/acknowledge places where you might be stuck.
- ___ You are open to new ways of thinking/viewing the world.
- ___ You are open to trying new ways to think about yourself (and others).
- ___ You are willing to observe yourself in action.
- ___ You are ready to discover & develop parts of yourself that have been neglected.
- ___ You are open to considering new possibilities for yourself.
- ___ You are willing to ask yourself new questions.
- ___ You are willing to step outside of your comfort zone.
- ___ You are willing to not know the answer (right away) but work toward it.
- ___ You are willing to let go of behaviors or beliefs that no longer support you.
- ___ You are willing to consider new strategies for success.
- ___ You can commit to being present on weekly calls.
- ___ You are willing to set aside the cost of a few coffees a week to invest in YOU!
- ___ You are ready to accept constructive feedback (and support).
- ___ **You are willing to retire that critical voice, and open to hearing a new voice of self-compassion and empowerment that gets you the results you really want!**

If you've answered "yes" to 10 or more questions, join me on a complimentary coaching call where you will walk away with some tangible takeaway steps toward retiring your inner critic.

CONTACT ME TODAY!
Your Free 30-min coaching call is waiting for you!

Change Agent & Associates

JOANNE ROYER, PhD