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"When a Woman's World Grows Weary"

Are you ready for ...

~ A fresh perspective

~ new direction

~ innovative coping strategies

~ achievable goals

~ lasting results

~ restored zest for life ?

Every woman encounters a rocky road in reality with ~

- *unexpected struggles*
- *disappointments*
- *restlessness*
- *unfulfilling job*
- *unanticipated circumstances*
- *overwhelming responsibilities*
- *failed friendships*
- *low self-esteem*

~ when joy and harmony seem elusive.

If you are not living the life you imagined or find yourself stuck in your thinking, not moving positively through and beyond past mistakes, guilt, anxiety and a less-than-happy existence, you are a perfect candidate for transformational Coaching with Kelly Ozz. Not only does Kelly have the professional credentials and training to help you evaluate every facet of your circumstances and develop sensible plans of action, but also she has real life experiences that parallel every woman's journey. The names and places may be different, but the challenges, obstacles, disillusionment and victory are common threads.

Give professional coach Kelly Ozz a chance to come alongside, guide you and:

- ❖ assess your circumstances
- ❖ identify strengths and weaknesses
- ❖ evaluate your options
- ❖ instill new coping strategies

- ❖ provide clarity in troublesome areas
- ❖ motivate positive thought processes
- ❖ improve conflict management style
- ❖ establish emotional balance
- ❖ set realistic goals, short-term and long-term
- ❖ guide you on a path to fulfillment and satisfaction
- ❖ assist you in stepping out with confidence, beauty and grace.

Free, 30-minute, private consultation to meet Kelly. Experience her warm, professional approach in a neutral environment. Let her show you that you can re-direct your energy, time and efforts toward an improved, rewarding, comfortable life.

Send Kelly a confidential e-mail or phone call:

helpme@coachingwithkellyozz.com

1-444-666-7777

[\[About Kelly\]](#)

Kelly Ozz has extensive experience as an entrepreneur, in addition to working with people of all stripes in the healthcare industry as a physical therapist, motivator, trainer and business coach. She has developed appreciation programs to recognize and reward personnel at all rungs of the corporate ladder and spent two decades helping patients recover physical proficiencies for daily living following severe accidents and injuries. Her natural compassion has always placed her in positions of feeling someone else's pain. She relates well, evaluates current circumstances, develops and implements attainable plans and guides

people with gentle encouragement and sound strategies for improvement.

Potential for a rewarding lifestyle resides inside every woman, but individual progress

can stay locked inside without an expert, impartial, professional coach as a guide to reach her personal best for a life worth living every day.

Kelly Ozz

- ❖ Associate Certified Coach ~ International Coach Federation
- ❖ Transformational Coaching Program ~ Blue Mesa Group
- ❖ Bachelor's degree ~ Physical Therapy
- ❖ Master's degree ~ Organizational Psychology
- ❖ Coaching experience with women
- ❖ Passion for success
- ❖ Professional insight
- ❖ Innovative soul-searching
- ❖ Results-oriented
- ❖ Objective voice and viewpoint
- ❖ Non-judgmental and confidential
- ❖ Encouraging, reassuring presence
- ❖ Transformational concepts
- ❖ Strategies for setting goals and managing setbacks
- ❖ Celebrating triumphs

Outside the office, Kelly Ozz is an outdoor enthusiast who especially loves rails-to-trails bikeways, beaches anywhere, snorkeling and swimming with the manatees. She paints, treasures time with friends and extended family, and shares a happy home with her wonderful husband and their adorable dog, Kinga.

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[Services for Women]

Transformational coaching is a unique method of identifying unmet needs, frustrations and unrealized goals and reallocating your time, energy, efforts and manner

of thinking in a direction to produce positive results. While coaching is a process, unlike psychological therapy, it has a beginning, middle and end. All along the way, you have an objective, skilled and experienced advocate by your side ~ prompting deep self-examination, asking relevant questions, analyzing motives, applauding and celebrating little victories in your journey.

Coaching with Kelly Ozz for women who ~

- feel let down by life's circumstances
- are in a career that is not fulfilling
- experience sadness at their dreams passing by
- struggle with being childless
- fear the empty nest and supposed golden years
- have a sense of unworthiness
- regret decisions and actions
- feel insignificant or out of place

Coaching with Kelly Ozz can help revitalize your zest for life by ~

- evaluating every aspect of your life
- looking deep inside at what motivates you
- identifying trouble spots which can be changed
- creating innovative coping strategies
- developing immediate action plans
- transforming your approach to people and circumstances
- embracing a new confidence
- recapturing joy and contentment
- living, working and playing in a sphere where you belong

One-on-one, private, confidential, hour-long sessions

- initial 30-minute consultation FREE
- questionnaire (complete on your own time, return via e-mail)
- review and evaluation of questionnaire by Kelly
- meet:
 - weekly
 - bi-weekly
 - monthly
 - quarterly

Small group sessions ~ maximum 3 participants of your choosing

Form your own small group of women to confide, share and draw on Kelly's skills and training to mourn what is not present in your life, celebrate what's going right, transform your thinking with new goals and attainable milestones. Become accountability partners and encouragers for one another in the privacy of a confidential, neutral environment. Reach for the stars and recapture a happy frame of mind and circumstances that make sense.

Package plans for 3, 6 and 12 sessions.

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[Vlog and Blog]