

Who is your Life Coach?

Dr. Katherine Bell, Ph.D., D.D. holds her degrees in Transpersonal Psychology and Esoteric Philosophies. She has been counseling and coaching since 1986. She is a Certified Life Coach. Her clients always praise her gift of inspiring them to achieve with the Grace of Positive Self Esteem.

She is an author, teacher, as well as President and Founder of SPICA - Way of Light. Her specialty is to help individuals follow their passion and fulfill their purpose.

Testimonials

Dr. Bell has provided a ways and means to follow my dreams, fulfill my potentials and constantly set new goals for my life journey. I began working with her for my career and have found that all areas of my life were enhanced by her coaching expertise. I highly recommend her for your life transitions. Ray W. -- Aurora, CO

Dr. Katherine Bell is the most inspirational and gifted coach with a phenomenal amount of wisdom. After six years of working with her, I have experienced incredible transformation. Cathy P. -- Encinitas, CA

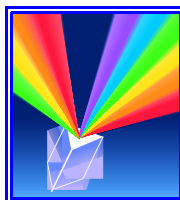
To counsel with Dr. Katherine Bell is a gift I give myself. She helps me stay in balance. Susie -- Westlake, Ca

Katherine Bell has been the most influential mentor I have ever worked with....I have never worked with someone who is so generous and humble with her time, knowledge and wisdom. Annie -- Houston, TX

Having Katherine as my counselor is one of the greatest blessings in my life. She has guided me with her wisdom, love, and patience on a journey of personal and spiritual growth. The lessons that I have learned from Katherine have improved every area of my life—most importantly my relationship with myself, and in turn, all of my other relationships. Katherine, there would never be words to thank you enough. Jenny -- CA

All of Katherine's work helps individuals gain greater awareness of their True Self. The ways in which we operate and why and how best to change them, and how to truly be of service to ourselves and others is brought to a clear focus. She takes you out of the victim mode and puts you squarely in your own power, insists you take responsibility for yourself and your actions and gives you tools to help you LIVE in your power.

E. Bryant -- Thousand Oaks, CA



Ignite Your Life!



Create Balance

Encourage Life Rewards

Set Your Course

Success is Yours to Create

Work with your Life Coach Now!



A Life Coach Experience!

When was the last time you had someone Focus entirely on you—to help you get what your *really* want?

A professional Life Coach can help you reach your goals in every area of your life.

Read these 6 questions and find out what a Life Coach can do for you:

1. What is a Life Coach?

A certified Life Coach helps you find focus, identify your goals, track your progress, and stay motivated along the way.

A Life Coach helps keep you on track – not just with your long-range goals, but with your monthly, weekly, and daily goals.

2. Why are so many people now using Professional Life Coaches?

When you have a professionally trained Life Coach, you have a trained support coach—someone who knows what to do, how to guide you, stays with you, and helps you get through obstacles of your *Inner Saboteur*.

Your Life Coach is a mentor, guide and a motivator—giving you objective feedback, encouragement, and non-stop support.

3. What are the benefits you'll get from working with your personal Life Coach?

- ✓ A trained professional focusing totally on you and what you want to achieve.
- ✓ Help identify what you really want in every important area of your life.
- ✓ Weekly or bi-weekly help available to you.
- ✓ Help you find your focus, creating the right attitude and right actions.
- ✓ Help you overcome obstacles by tracking your progress and helping you keep motivated.

4. How does Life Coaching Work?

You meet once a week (or bi-weekly) by phone, Skype or in person. Sessions usually last 45 minutes to one hour. Each meeting you plan, review and focus on your goals and action areas to be honored over the time between sessions.

5. What areas does a Life Coach focus on each week to help you the most?

Defining, setting and tracking your goals, you will focus on every important aspect of your attitudes and actions that determine your success in:

- ✓ Job & Career
- ✓ Personal Growth
- ✓ Money & Finances
- ✓ Self-Esteem
- ✓ Personal Relationships
- ✓ Health & Fitness
- ✓ Personal Organization
- ✓ Quality of Life

Every Life Coaching session is carefully structured to make the session easy and enjoyable. At the same time guiding you, step-by-step, your Life Coach will help you find practical ways to achieve your goals.

6. Are you ready to set an Appointment Now!

Call - 619-588-6483

e-mail: katlynann@aol.com

Fee: \$125 per session

You will be delighted at the results as you come out of the maze of challenges.

