

*What you can expect from your first coaching experience:*

A glimpse of your whole life

A respectful and supportive conversation

Some positive choices for moving forward

Sessions occur by phone, by Skype or Facetime, on your schedule

First session is at no charge

*What you can expect over time:*

Personal development in key areas of your life

Better communication and leadership skills

Increased confidence and professional growth



**What is Personal and Professional Coaching?**

It is a relationship that:

- Inspires trust and moves toward lasting change
- Ignites professional effectiveness by increasing creativity, awareness and problem solving
- Engages you where you are... deepens joy and possibility
- Increases creativity, stamina, and problem solving

**Jane H. Naylor**

CPCC (Certified Life Coach)  
LCSW (Licensed Social Worker)

**(239) 405-5737**

[jnaylorcoach@gmail.com](mailto:jnaylorcoach@gmail.com)  
[mail@jnaylorlifecoach.org](mailto:mail@jnaylorlifecoach.org)  
[www.jnaylorlifecoach.org](http://www.jnaylorlifecoach.org)



*Certified Professional  
Co-active Coach*

*Licensed Psychotherapist*

Practice dedicated to client's:

- Increased personal happiness, resilience and self-esteem
- Leadership skills and engagement with others
- Better relationships, tolerance and flexibility



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## PARTNERSHIP

A collaborative coaching relationship is a supportive one that's an exploration of what's possible. It embraces everything; relationships, roadblocks, career and development, satisfaction. Like any real endeavor it can be challenging, but should also be creative and enjoyable along the way!

"With more than 20 years experience helping people find their true purpose, I have seen dramatic results in what collaborative coaching can do. I love my work!"

- Jane H. Naylor

## RESULTS

"Jane was my sounding board through my most challenging career move yet. She was the one person I could count on to "tell it like it is".

Jane has the unique ability to alert you when you are off-base while at the same time fortifying your confidence. She is truly a talented coach and communicator."

***K.L., M.S.- Environmental Sustainability and Community Activist***

"Jane brings authenticity, warmth, humor and a fierce commitment to her client's growth. She has helped me find new perspectives that have led to fresh solutions. Her self awareness and depth of experience provide a solid foundation for a supportive relationship."

***D.R., Ed - Professional Certified Coach, Executive Coach in Leadership***

"Working with Jane is liberating! She has an unbeatable combination of smarts, insight, and courage that make her the most effective coach I've ever had. Countless times, she's used one well-placed comment or profound question to help me see my way out of a stuck and foggy place. You'll never find a stronger ally--and , she's just a ton of fun to work with! Prepare to be transformed."

***L.M.,PhD, Professor and Leadership Program Director in Higher Education***

"Jane was my coach for a year. The results were transformative. Our relationship was amazing; She held me accountable but cared SO MUCH about my whole life. I owe everything to our work together. Thanks, Jane!"

***S.M., Doula (midwife) and mother of two rowdy boys***