



**HAPPINESS IS A SKILL...CULTIVATE IT!**



**Life Coach  
Master NLP Practitioner**

**Désirée Khoury**



**I BETTER  
MY BEST**  
MISSION: SELF



Almost everyone can benefit from hiring the services of a Life Coach at some point in time/life

Whether you want more clarity and focus or just need support navigating a tough transition, a Life Coach could be the right resource for you.



As a neutral observer, a Life Coach regards you as a highly creative, capable, resilient, and powerful individual.



A Life Coach hears and understands your issues and invites you to find positive - not punitive - structures of outcome and accountability.

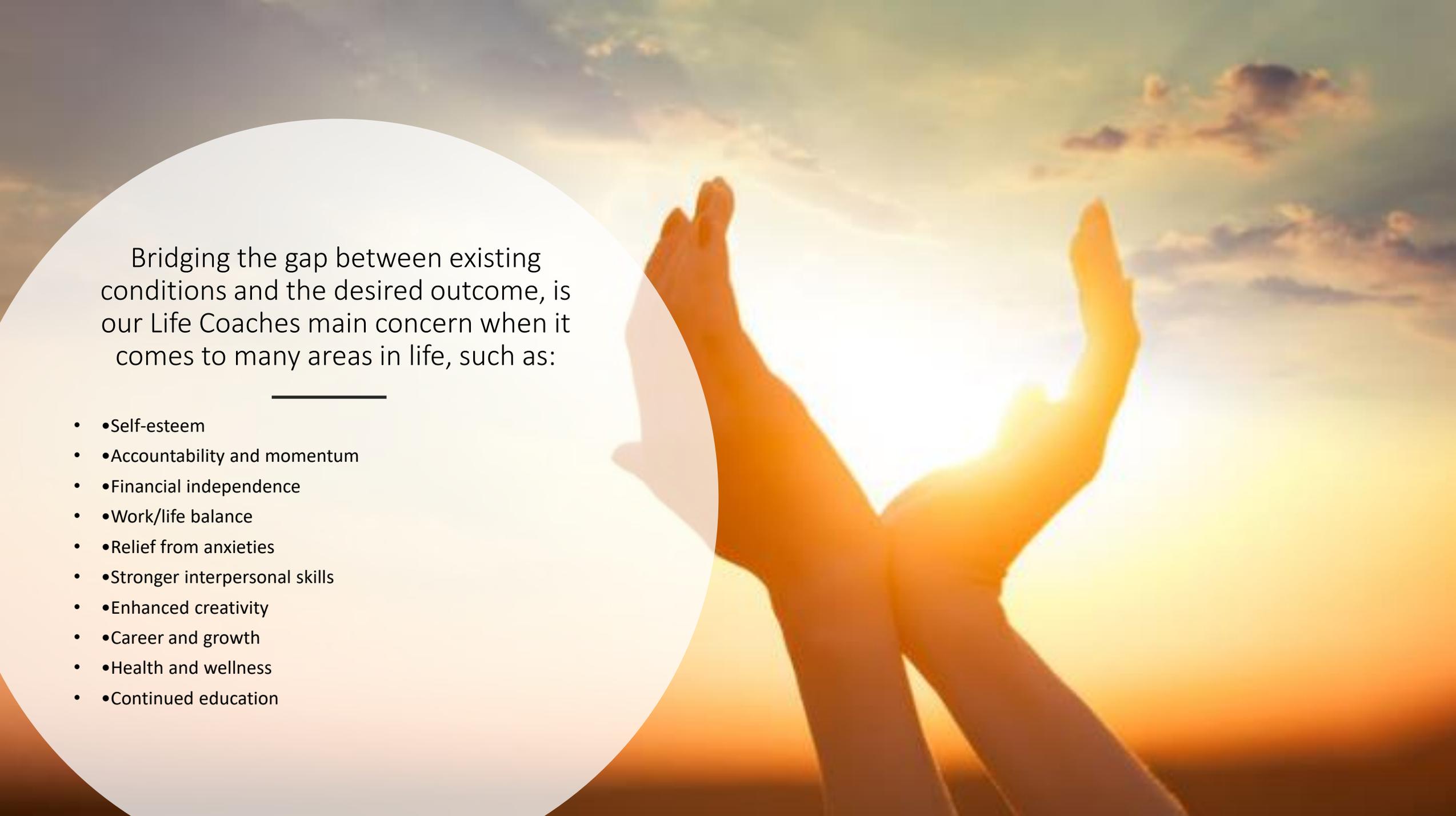


A highly skilled Life Coach is a catalyst that helps activate your resources to take or get back into action, change, grow and maintain **SUCCESS!**



## Our Aim

A steadily increasing number of non-employed, students, graduates, creatives, executives, and entrepreneurs are nowadays working together with life coaches to accomplish the desired success in their professional and personal lives.



Bridging the gap between existing conditions and the desired outcome, is our Life Coaches main concern when it comes to many areas in life, such as:

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- Self-esteem
- Accountability and momentum
- Financial independence
- Work/life balance
- Relief from anxieties
- Stronger interpersonal skills
- Enhanced creativity
- Career and growth
- Health and wellness
- Continued education

## Key Benefits of teaming-up with a Life Coach

- At some point in our lives, we might feel stuck, wondering about our purpose in life
- We can also experience a temporary crisis or a deep need to mold ourselves into someone

Many individuals seek out life coaches for direction in crossing a significant life change, and for building a happier, and more purposeful life



# Numerous Key Benefits

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There are numerous key benefits of teaming up with a life coach, and perhaps the most important aspect is the ability to gain a renewed, well-versed perspective on long-faced problems.

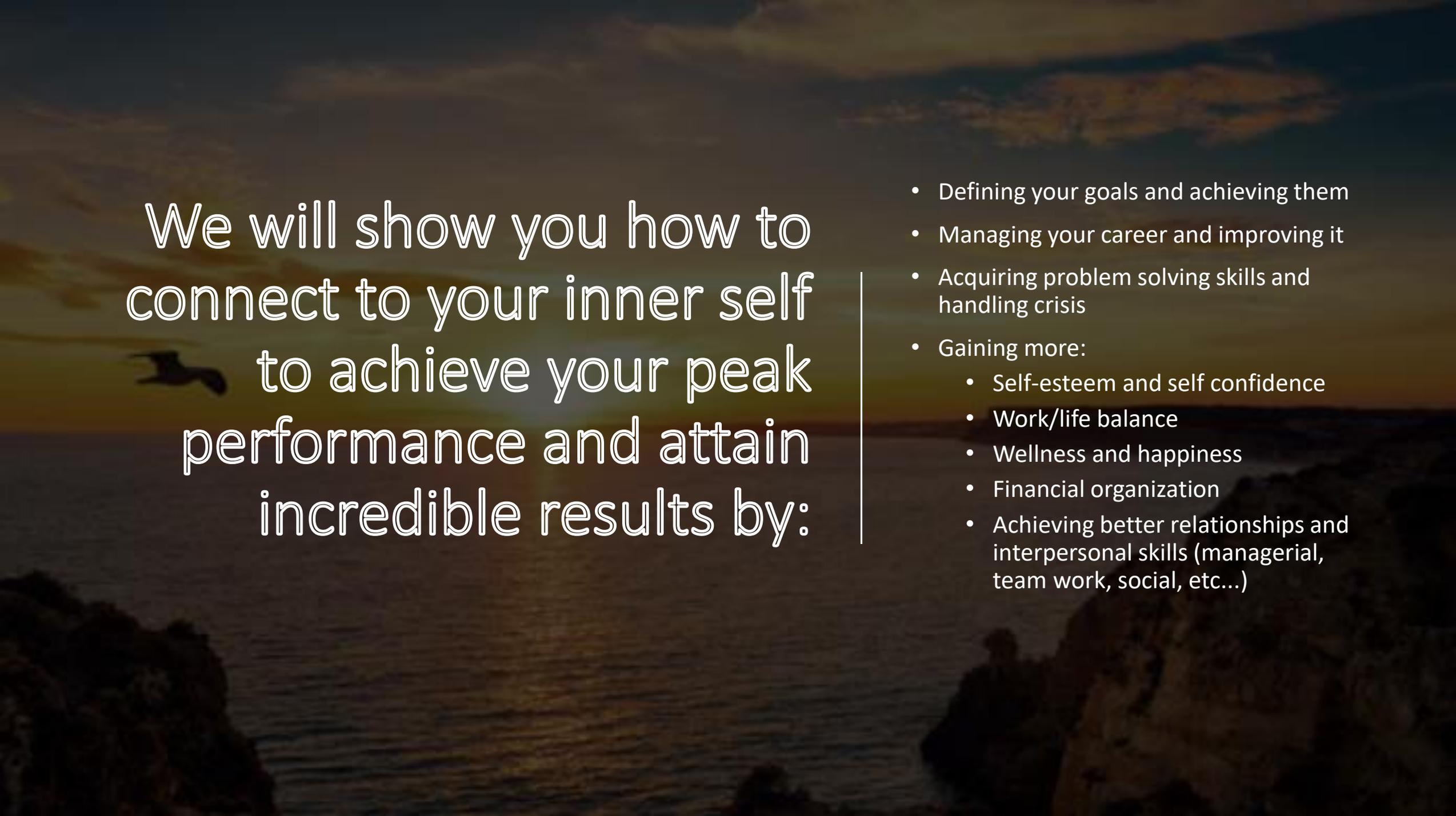
In addition to offering new understandings and insights into challenges, a life coach will help clients to uncover blockages and self-limiting beliefs that might be hindering and sabotaging their personal and professional life.





We provide One-to-One  
Coaching

We will help you realize how creative, capable, resilient and powerful individual you are and provide you with the expertise of a highly skilled life coach capable of activating your resources to act, change, grow and maintain success



We will show you how to  
connect to your inner self  
to achieve your peak  
performance and attain  
incredible results by:

- Defining your goals and achieving them
- Managing your career and improving it
- Acquiring problem solving skills and handling crisis
- Gaining more:
  - Self-esteem and self confidence
  - Work/life balance
  - Wellness and happiness
  - Financial organization
  - Achieving better relationships and interpersonal skills (managerial, team work, social, etc...)

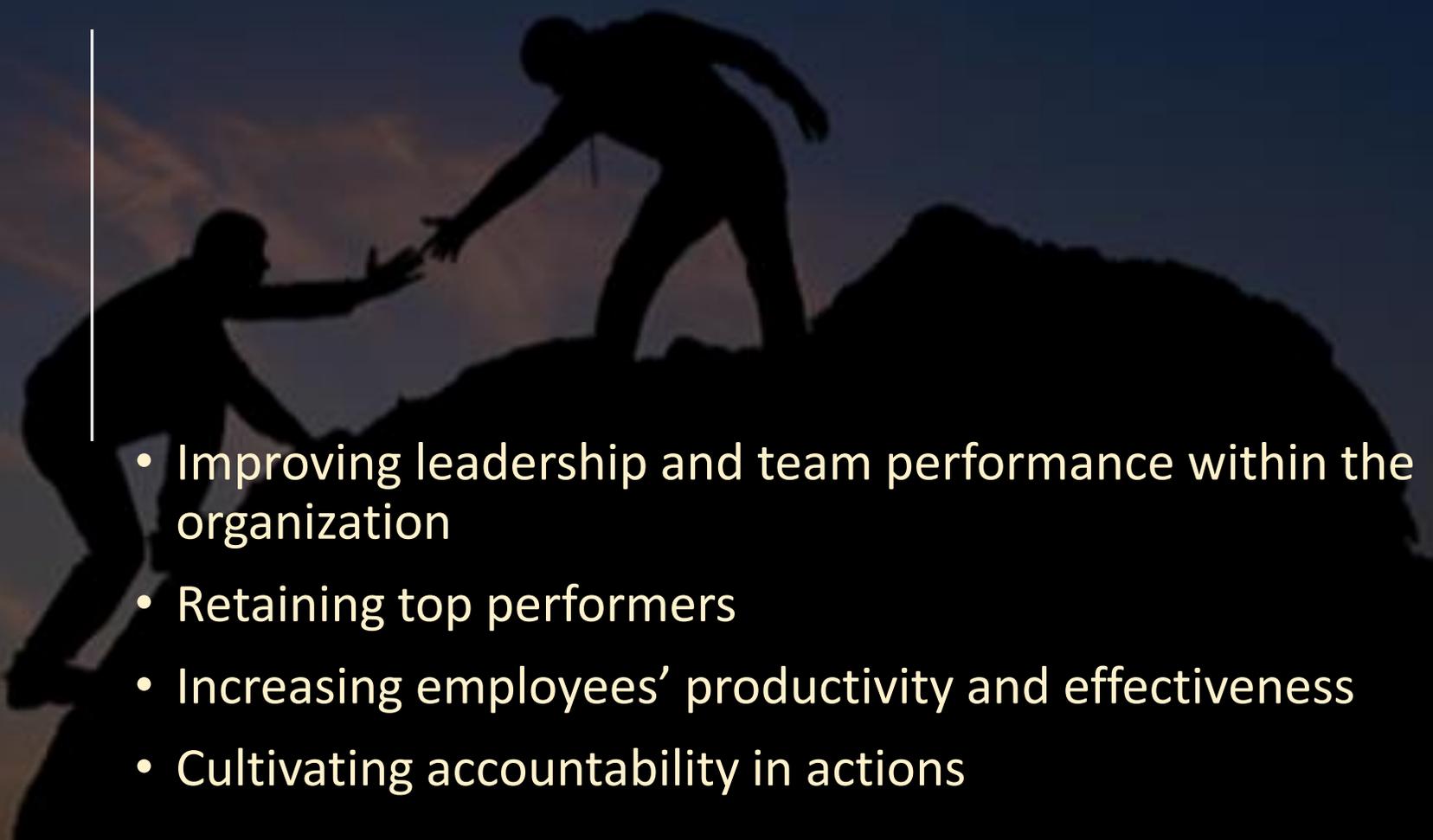


We provide Organizational  
Coaching

We will help you in optimizing your organizational work by fostering positive transformations and integrating new insights and values within your company.

Our customized sessions are provided on site, or in selected locations.

We will show you  
how to increase your  
profit streams and  
attain your strategic  
objectives by:

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- Improving leadership and team performance within the organization
  - Retaining top performers
  - Increasing employees' productivity and effectiveness
  - Cultivating accountability in actions



## Our Methodology

“I better My Best” Certified Life Coaches will help you uncover and clearly articulate your goals, and will walk you through recognizing the hindrances, complications and obstacles holding you back;

At a consequent stage, our Life Coaches will pave the way for you to come up with strategies, plans and innovative approaches for overcoming each obstacle.

In creating these strategies, we will target your unique skills and gifts.

By helping you to make the most of such strengths, our Life Coaches will deliver the care and support you need to accomplish long-lasting positive changes.

Life Coaching Sessions should leave you feeling empowered and uplifted, so it's of paramount importance to search and select a coach whose style and philosophy echo with your aspirations.

When it comes to discovering more self-actualization, working with our life coaches will help you make the improvement you're seeking.



Our Promise



Seek out the assistance of our professionals, to support you in refining your own relationships, vocations, and day-to-day lives, through the most inspiring and unique blend of techniques for an unparalleled experience in the quest of Bettering Your Best!

Call us on +961 76644897