

Anouschka's Clients Speak

"With Anouschka's powerful coaching I have been able to clarify my goals, develop action steps, accomplish the goals while remaining focused on what is really important – not just chasing rainbows or spinning my wheels. ... She has the gifts and is a powerful coach!"

- Dianne L. Schultz, Johnstown, PA, U.S.A.



"In the few short months that Anouschka has been partnering with me as my coach, my business has moved forward far more quickly and with more ease than I ever thought possible. ... she is helping me achieve my best."

- Janet Christensen, London, Ontario



"Anouschka has been a wonderfully supportive coach through a period of great transition in my life and career. ... She has the skills to guide anyone through to success!"

- Colleen McMahon, Strathroy, Ontario



ANOUSCHKA GENTTNER
Life/Career Coach

Anouschka Genttner has completed her coaching studies at the International Coach Academy and is a Certified Coach. She also has her Human Resources Certificate, and her background includes employment in the retail sector for 11 years. A dynamic public speaker, some of Anouschka's speaking engagements have included the Hutton House in London Ontario, where she has been presenting for the past 5 years on what employers need from someone returning to the workforce, as well as at Scotiabank on life/career balance. In addition, Anouschka has been featured on the New PL, New Day television show, promoting a goal-setting workshop for young adults.

AG System
Life is a work in progress...

ANOUSCHKA GENTTNER
Life/Career Coach
(519) 453-7989
coach@agsystem.ca
www.agsystem.ca

AG System

Life is a work in progress...

**LIFE / CAREER
COACHING**

**Moving through transition
successfully...**

AG
system

Life is a work in progress...



Coaching Solutions

ONE-ON-ONE COACHING FEES

By telephone or in person

\$400* - Four 1-hour

sessions/month

*Includes unlimited 5-10 minute telephone sessions in between regular weekly sessions for support, if required

Some of the opportunities I have coached on:

- Being downsized/laid off work
- Work/life balance
- Self-care
- Business focus
- Taking action and moving forward with confidence



"Life is either a daring adventure, or nothing at all." - Helen Keller



"There isn't a person anywhere who isn't capable of doing more than he thinks he can." - Henry Ford

PERSONAL FOUNDATION WORKSHOP

A Personal Foundation is the underpinning of your life. It is the platform from which you build your business and your relationships. This workshop is for anyone who understands the value of strengthening themselves to accomplish more with less effort. All of us who want to live a meaningful life must have a strong Personal Foundation, so we can afford to look up at the stars instead of down at our feet.

COACHING — WHAT IT IS

Unlike therapy, coaching is future-focused. It is supportive of the client's dreams and goals and offers acceptance, guidance, and resources to enable the client to create the life they really want. While consulting provides advice without implementation, coaching offers information, inspiration and empowerment. Coaching is about achieving a greater quality of life, the tools to do it with, and the joy of fulfillment!

**Call Today for Your
Complimentary Session!**

AG System
Life is a work in progress...

ANOUSCHKA GENTNER

Life/Career Coach

(519) 453-7989

coach@agsystem.ca

www.agsystem.ca