

## *If you feel like this...*

- **Overwhelmed by your workload...**
- **Tired and lacking in energy and drive...**
- **Confused about your role and duties in your job...**
- **Unable to plan your career path...**
- **Lacking in autonomy and freedom...**
- **Rushing through every day, but never getting ahead...**



## *Then maybe it's time to feel like this...*



*“There is more in us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less.”*

- Kurt Hahn



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**CECILE PETERKIN**  
**CAREER/LIFE COACH**

*Building a better future by  
building a better you...*

**Cosmic Coaching  
Centre**  
**Career and Life  
Coaching**



*“The big challenge is to become all that you have the possibility of becoming. You cannot believe what it does to the human spirit to maximize your human potential and stretch yourself to the limit.”*

- Jim Rohn

# Coaching — a New Recipe for Success

Did you know that many successful executives use personal coaches? Would YOU like to be someone moving up, instead of down, singing in the shower, instead of singing the blues? Would you like to feel in control of your life, instead of a cog in a machine?

Coaching, unlike therapy, is about personal evolution, visioning and future orientation.

Having a personal life coach is like having a cheerleader, a mentor, an advisor, a resource and a co-creator for your life's dream!



Coaching is for anyone who is ready to move forward, take action, achieve goals and experience overall life improvement, both in their personal life and in their career.

Choosing a coach is an important decision – fit is everything! Call today for a complementary consultation and to discover how much better life can be!

## Some of Cecile's Clients...

"Since January 2003 I have been working with Cecile to identify, and achieve my career goals. I have gone from working for a controlling manager in a stifling environment to a position where I am in control, and can obtain credit for my own accomplishments."

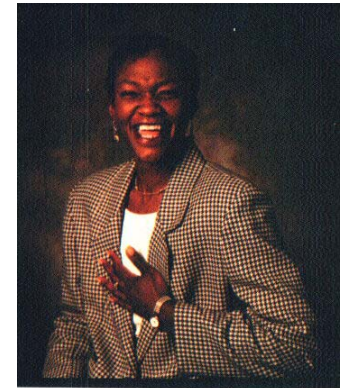
**- Maxine Shrouder, Business Consultant  
Finance, Technology & Operations, CIBC**



"Networking is the key word. Cecile Peterkin entered my life and made everything clearer for me at a faster rate than I had ever imagined. ... Rather than create complexity for myself I organized my thoughts, daily journals, goals, files, projects, and personal life in such a way that I enjoyed much more vigor and passion than ever before. ... Clarity allowed me to move forward in my life in many ways."

**- Randy Mulder, Writer**

With a solid track record of success in working with people from all walks of life and at all career stages, Cecile's coaching enables each of her clients to achieve success - success beyond their expectations in both their personal and professional lives.



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