

AG System Article

“Life is either a daring adventure or nothing at all.”

- Helen Keller

How many of us really live this way? What if *you* could? Yes, *you* – the woman entrepreneur, the stay at home mom, the recently divorced woman, or the corporate powerhouse (just to name a few) – what if you could live a richer and more meaningful life? Are you doing what you *want*? Do you want to move forward, but feel stuck? Do you feel overwhelmed by all the things you are trying to do and don't know how to get off the “merry go round”?

“Coaching” is one of the new buzzwords for the 21st century – I'm sure you've heard of it by now. So, what is it? To coach is to engage in a series of profound conversations; to propel clients forward and inspire them to do more than they ever thought possible. Part mentoring, part consulting, part life knowledge, coaching encompasses all these definitions, while also transcending them. Sounds pretty exciting, doesn't it?

Now that I've got your attention, allow me introduce myself - my name is Anouschka Genttner and I am a Life and Career Coach. I believe that “you nourish your soul by fulfilling your destiny” (Harold Kushner), and with humour, patience, acceptance, and the sharing of knowledge, I believe I can help you reach this goal!

I offer one-on-one coaching sessions, as well as workshops designed to assist in developing a Personal Foundation. I look forward to aiding you in your journey!