

## **Are You Ready to Make Your Wildest Dreams Come True?**

You've made it through the awkward stages of adolescence – braces, growth spurts, raging hormones and high school crushes. But now you're faced with the equally daunting transition into adulthood. From deciding on a career, to living on your own for the first time, to finding balance between your professional and personal life, the shift from the classroom to the 'real world' can seem overwhelming.

You may find yourself asking: **Who am I? What am I going to do with the rest of my life?** More than just school counseling, Stepping Up Coaching assists teenagers and young adults in figuring out what they want out of life and helps them develop the self-confidence and resilience to go after it.

*“Coaching with Anna was a very positive experience. She was very good at questioning my responses and challenging my belief systems that were not working for me. Each week I looked forward to our sessions, as afterwards I would feel reenergised and would have learnt some new insight into the way I thought about things.”*

– Paula Dalgleish, Coaching Client

### **Q: What is a life coach?**

A: A life coach is like having your own personal cheerleader. They will help you discover what's most important to you in your life and devise a plan for fulfilling your aspirations – supporting and encouraging you every step of the way.

### **Q: How can I benefit from life coaching?**

A. While life coaching has several benefits, the primary advantage coaching offers is that it will help you gain clarity over what you want as well as expand your self-knowledge. This will allow you to make better life decisions, as you'll have a clearer picture of what matters to you most.

### **Q: What is your coaching philosophy?**

A: At Stepping Up Coaching, we believe the answer to life's uncertainties can be found within you. We simply act as a catalyst by asking the right questions and holding you accountable for your happiness.

**Call today to schedule your free  
consultation!  
(02) 8003 3032**

## **The Journey Begins With One Step**

To get clients started out on the right foot, we offer the following coaching packages:

### **The Great Start (includes 6 coaching sessions)**

If you're having trouble deciding on a career and have no idea where to start, this package is for you. This coaching program is designed to help you clarify your career objectives and create a plan for finding a job and career you'll love.

### **The Way Forward (includes 9 coaching sessions & unlimited email support)**

In addition to supporting you in gaining clarity about your career options, we offer the Way Forward package to help you develop a strong sense of self and identity so you can overcome challenges and experience personal growth.

### **The Amazing Journey (includes 12 coaching sessions & unlimited email and telephone support)**

The Amazing Journey is our all-inclusive package designed to support our clients every step of the way on their journey into adulthood. This program focuses on helping you establish belief systems and empowering habits that will catapult you into your dream life.

At Stepping Up Coaching, we specialize in preparing young adults for the challenges they may face beyond the classroom. Given the tremendous pressure to achieve in today's society, we act as a means of support, helping them conquer their uncertainty about the future. By working with Anna, students can:

- Improve academic performance
- Discover their unique talents and personal strengths
- Develop a sense of responsibility for their life choices
- Reduce stress and anxiety when making life decisions
- Replace limiting belief systems

**How our coaching process works:**

**Step One** –Through self-reflection and the process of inquiry, we assist students in creating a **vision** for their life.

**Step Two** – Then we help them determine their **strengths, values** and **passions**. Once they have identified their niche, we lead them through the process of formulating an action plan.

**Step Three** – Lastly, we show them how to replace their **limiting beliefs** from the past with more empowering beliefs to ensure they are able to remain focused on their goals and stay on the path to success.



**The life you've always dreamed of is at your fingertips. Call today to schedule your free coaching session!**

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## Stepping Up Coaching

Anna Krups, Certified Life Coach

**Change your vision. Change your life.  
All it takes is one step.**



**Clarity**

**Self-Awareness**

**Empowerment**

[www.steppingupcoaching.com](http://www.steppingupcoaching.com)

