

LIFE INTERRUPTED

GETTING YOU CRISIS READY

www.lifeinterrupted.ca

INpowerment Imagine the possibilities...

with Laurie Martin, CTTS, EPC, Author and Coach

Because the greatest performers achieve
that greatness through good coaching.

**Do you feel overwhelmed by the pace of life?
Are you tangled up in the details and feeling lost?
Do you need a helpful plan for making change?**

Do some of these sound familiar?

"I feel stressed out."

"I take on my client's pain."

"I don't like where I am with my life right now."

"There's too much going on in my life and I can't focus."

"I don't look forward to meeting my client."

"I can't talk to anyone about this...not even my friends, family, or colleagues."

You're not alone. With our current world pandemic, work and life challenges, this can have you constantly running at top speed or feeling you're in a spin. Most of us are tired of being tired! Would you like to find answers to the questions that keep your mind spinning? Would you like to stop feeling the way you do?

Life Interrupted's coaching provides an ongoing relationship that helps you get fulfilling results in a few short sessions.

YOU choose the focus of the conversation and together we will quickly discover the root cause and create the strategies to move forward. No more holding you back.

Laurie is noted to be down to earth, comfortable and affordable!

Accelerate your progress with
Laurie M. Martin, your
CrisisREADY[®] Advisor,
by your side.

Get better understanding and focus, and ability to see your choices clearly, and the encouragement you need to take action as needed.

Over the years, Laurie has developed a **7 step process**, discovered through her unique experience in frontline crisis support, grief counselling, risk management, and psychology, which **quickly** helps people get back to feeling in charge.

We all have plenty of resources within us; we just need some help accessing them and making progress.

Programs are accredited.

Contact Laurie to learn more: info@lifeinterruptedinc@gmail.com 647-868-8827

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