

Professional Mentor Associate's

## Life Coaching

An Individualized Opportunity!

You meet with your mentor for one hour weekly online on a specific day and time.

### Features and Benefits:

- PMA's overall objective is for you to move forward with long-term and short-term life goals pleasantly and efficiently.
- Our mentor meets with you weekly to help keep you on track and encourage the completion of projects and tasks to work toward your goals.
- Through developing individualized strategies, our mentors help you:
  - brainstorm, discern, and establish major and minor goals;
  - reduce procrastination;
  - identify & reduce distractions; and
  - improve your overall use of time.
- Our mentor provides you with a “toolbox” of ideas, systems, and habits that include the organizational and motivational skills needed to succeed.
- To effectively organize your schedule, our mentor works with you to train you to use a specialized system for increased success.
- Most importantly, our mentor is your sounding board to encourage and challenge you, as well as bestow tips for self-discipline and accountability.