

# Career Opportunities

## Helping Individuals Achieve Their Goals

(NAPSA)—Those looking for a career change may want to consider becoming a coach—a life coach.

In much the same way a sports coach helps athletes achieve their goals, a life coach focuses on deepening a client's self-awareness so he or she can achieve life, career, spiritual, business or executive goals. A life coach also helps clients make conscious choices that are in alignment with their highest-held values.

An organization called Invite-CHANGE trains participants who want to become professional coaches in the skills of the profession, including how to reinforce client commitment and accountability to goals and how to create trust and be present with clients as they make new, more empowering life choices.

The training—a combination of in-person training and telecourse components—also works to keep participants centered and grounded in their own values so that each will be a more effective partner with clients.

To learn more, visit [www.invitechange.com](http://www.invitechange.com).

