



LIFE COACHING

mastering self-confidence & achieving your true potential

What would your life be like if you knew the right answers to (almost) every challenge or question in your life?

Benefits of Coaching with Dr. Mark Schillinger, DC

We humans are innately motivated to evolve towards greater health, mental clarity and spiritual happiness. But most of us simply lack the tools to achieve this. Unless people have discovered a valid path, or way, to show them how to make the right decisions, they're likely to suffer from un-diagnosed chronic anxiety. This deeply rooted tension can appear as physical pain, self-doubt and mental stress.



THE PURPOSE of life coaching with Dr. Mark is to learn to use your *own* inner wisdom to resolve your challenges, creatively express yourself, achieve your goals and enjoy more intimate relationships. This way, you'll have greater health, happiness and success in your personal, professional and family lives.

Everyone Needs Mentors

For thousands of years, Mentors, most typically the Elders, taught people how to handle everyday survival issues, discover and develop their unique virtues, and celebrate life. Since 1985, Dr. Mark has been showing patients how to expand their self-awareness by accessing their own inner intelligence. Tapping into this source will help them to profoundly enjoy a more meaningful and fulfilling life.

Coaching with Dr. Mark will give you the tools to:

- ❖ completely understand & accept yourself
- ❖ always voice what's true for you
- ❖ creatively express yourself
- ❖ make your decisions confidently
- ❖ minimize mistakes & increase certainty
- ❖ set and achieve your goals
- ❖ release negative beliefs and behaviors
- ❖ improve your organization skills
- ❖ mindfully focus your attention
- ❖ re-program your subconscious mind

Main Benefit of Personal Growth Coaching

By enjoying a healthy lifestyle that keeps your life moving in the right direction, you'll consistently enjoy authentic wisdom, abundant energy and true integrity.

Why The RIGHT Way Method is So Effective

This method of self-actualization recognizes that there is no *one* right way to be physically healthy or emotionally happy. It integrates the sciences of transpersonal psychology, stress management, brain neuroplasticity and happiness.

The RIGHT Way then shows you how to discover your highest virtues (your core, authentic qualities) and deepest values (your own personal definitions of your virtues), and transform them into clear, positive beliefs and creative, productive behaviors.

What Happens During a Personal Growth Coaching Session?

Our sessions are not based on your past disappointments or dysfunctions, but focuses on *your* unique virtues - and the virtues you need to develop - in order to eliminate your self-doubt, increase trust in yourself and accomplish your goals in all areas of your life.

I'll provide new perspectives on your challenges, help you make insightful decisions based on *your* values, and outline the action steps you'll need to take that will generate greater respect for yourself. I'll always provide support and encouragement, while keeping you accountable and motivated to remain focused on achieving your ideals.

In addition to empowering you to be true to yourself, you'll learn how to increase:

- ❖ your physical vitality
- ❖ your emotional well-being
- ❖ your ability to manage your time
- ❖ your skills to reduce your stress

What Is It Like Coaching with Dr. Mark?

When you start working with Dr. Mark, he'll quickly create a safe space for you to explore who you truly are, what you really want, and how you can embody your goals in a grounded, practical lifestyle.

Once you know who you really are, all of your decisions will become easier to make. You will no longer be fearfully reacting to a problem, worried about what others think, or desperately searching for an answer outside of you. Instead, you'll be masterfully responding to challenges with your own innate values, which will move you closer towards realizing your true potential.

Schedule a Free Consultation

To see how Dr. Schillinger can help you with his life coaching services, schedule your free 15 minute consultation. Call (415) 491-0959 or email us at Schillinger.Chiropractic@gmail.com.

BONUS

Included in your first sixty-minute session, you'll receive a free copy of Dr. Mark's stress reduction CD, [Ethereal](#), which features his original mind – calming music.

