



Why Hire Me As Your Life Coach?

Everyone Needs Mentors

For hundreds of thousands of years, by learning to ask others for help, mankind developed a strategic adaptive advantage and learned how to effectively overcome adversity.

Mentors, most typically the elders, taught people how to handle everyday survival issues, including how to find food, raise children and celebrate life. The mentors also passed along crucial information about the mysterious nature of the universe and how to be in a harmonious relationship with it.

As a young boy growing up in New York City in the 1950s, I was fortunate to have loving, supportive parents, and to be surrounded by mentors in the form of relatives, family friends, neighbors and sports coaches. By my teenage years (in the 1960s), my new mentors were spiritual teachers who safely put me on my lifelong path of learning about personal growth and spiritual well-being.

I'm truly thrilled to say that at age 63, I'm enjoying excellent physical health, mental clarity, material prosperity and spiritual well-being. Without the assistance of mentors, I would not have accomplished any of these goals.

Why I Provide Life Coaching

I learned at an early age that there was no *one* right way for people to learn how to live a fulfilling and meaningful life. When I was in chiropractic school in the early 1980s, I was determined to create a method that could help the greatest number of people become happier and healthier. I knew how important it was for everyone to have teachers and teachings which consistently guided them to enjoy a prosperous material and spiritual life.

My life-long purpose has been to help people use *their* own inner wisdom to resolve their challenges, and to enjoy more happiness and success in their personal, professional and family lives.

What's It Like Coaching with Me?

When we start to work together, I will quickly create a safe space for you to curiously explore who you truly are, what you really want and how you can embody your ideals in a grounded, practical lifestyle. I feel honored when my patients reveal more of themselves to me than they will to their friends, therapists, or even spouse.

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 provide new perspectives on your personal challenges, helping you make insightful decisions and then take effective action steps. I'm adept at providing support and encouragement, while keeping you accountable and motivated to remain focused on achieving your ideals.

For a free, 20-minute consultation to learn if I can help you, please call our office in San Rafael, at (415) 491-0959 or email us at schillinger.chiropractic@gmail.com.