

*Seek out a Coach to:*

- *Discover your personal passions*
- *Make value-based choices*
- *Establish and reach your goals*
- *Achieve balance in your life*
- *Define the next chapter of your life*
- *Live with purpose and intention*



*About Diane Nimmer*

As a personal coach, consultant and workshop facilitator, Diane Nimmer helps people in transition move into the next chapter of their lives with excitement and intention. Her areas of expertise include:

- Leadership Development
- Adult Life Design
- Creative Eldering and Legacy
- Team Growth and Development
- Personal Presentation

Diane works with individuals and groups to help them create the future they desire. She assists clients in living self-directed lives by facing their personal challenges.

She has a particular interest in working with people in the later decades of their lives to establish how they want to be remembered. The legacy they will leave is a result of knowing their own personal gifts and how these can be expressed with intention.

A certified graduate of The Hudson Institute of Santa Barbara, Diane also holds a speech communications degree from the University of Minnesota. She worked in corporate settings for 25 years in human resources, training, and development and owned a spa and wellness center. Diane is active in the faith community and serves on church council and other non-profit boards.

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*Work  
with  
a Coach  
to  
design  
the life  
you  
desire*



## *What is coaching? What is a coach?*

Working with a coach is like having a personal trainer—for your *life*. Coaches are trained to listen and provide guidance in the areas you need and want.

Working with a personal coach is an effective learning mode for clients seeking self-definition, personal empowerment, and guidance into transition.

The International Coach Federation says:

*Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives.*

People work with coaches to focus on their dreams, their hopes, and their vision for the future. Coaches inspire them to go beyond the ordinary to design the extraordinary lives they desire.

## *How does coaching differ from therapy?*

Therapy focuses on the past: what happened, origins of unhealthy behavior and healing old wounds.

Coaching involves creating the future and growing new life practices. Life practices embody how we actually live: our relationships, our values, the choices we make each day.

## *Consider working with a coach on these key challenges:*

### **Personal**

- Designing a career, looking at life focus, transitioning into a new life chapter, or preparing for retirement.

### **Professional**

- Working on foundational, vision, obstacle or competency issues.
- Providing direction and support for leaders, managers, and executives.

### **Relationship**

- Bridging gaps in beliefs, values, vision, personality styles, roles, and communication that occur in your relationships with others.
- Moving toward alignment, integration, or a new life chapter.

### **Building Community**

- Helping groups formulate clear goals and objectives.
- Helping individuals deepen knowledge of self, of each other and the interaction among group members.

## *How does coaching work?*

Your coach is a partner who offers you the opportunity to accomplish far more than you would alone.

### **Your coach:**

- Offers perspective and inspiration
- Keeps you focused and accountable
- Provides structure

### **Together you and your coach:**

- Set value-based goals
- Implement action plans
- Evaluate results



*Diane Nimmer*