

Inspiring Futures Coaching

Clarifying vision.
Building on strengths.
Transforming lives.

Invest in yourself and focus on what you want most in life.

Inspiring Futures Coaching specializes in helping professionals at personal or career crossroads – people who are going through a transitional period.

Professional coaching can help you:

- Gain greater insights into your unique talents and true passions.
- Shift from feeling stuck to having clarity and confidence.
- Cope with everyday stresses and take care of yourself.
- Create a more abundant future.

Professional coaching offers trained, objective, collaborative exploration and support. The coaching process creates greater clarity so you can reach your goals at a faster pace than you could achieve alone. Coaching enables you to align your life and career with your values and talents, and move into action.

Personal & Professional Coaching

Are you facing too many demands or tough challenges, in business or at home? Personal and professional coaching can help you to:

- **Think 'bigger' and create new perspectives.**
- **Explore your work style and improve your productivity.**
- **Build more fulfilling interpersonal relationships.**

Develop practical strategies you can immediately act upon to improve your quality of life.

Career Coaching

Are you dissatisfied with your current situation, job opportunities or career prospects? Consider career coaching to:

- **Capitalize on your personal strengths and innate talents more effectively.**
- **Head towards career satisfaction.**
- **Propel yourself forward with a smart action plan.**

Discover and pursue a more purposeful, authentic new career that re-vitalizes, re-inspires and re-energizes you.

Retirement Coaching

Are you recently retired or aiming to retire in the next 10 years? Retirement is a significant life shift. Retirement coaching enables you to:

- **Explore what retirement means for you.**
- **Uncover new possibilities by connecting to your passions, dreams, talents and new interests.**
- **Establish a plan for your future and translate your vision into reality.**

Explore how to design the next phase with meaningful goals to create a rich and rewarding future.

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About **Claire Chadwick** MA, Certified Coach



Claire's interest in coaching began in 2002 when she first hired her own coach. This led to a life-altering decision to change careers and become a coach herself.

Claire brings to her coaching business an extensive background in training and facilitation, teaching and skills development, as well as years of working with seasoned professionals.

Her 25 years experience in the workplace includes management, education and consulting with universities, government and private firms in Canada and overseas.

Personal and Professional Certified Coach

Concordia University, Montreal

Group Coaching Essentials

Potentials Realized

Certified Recareer Coach

ReCareer Inc.

Certified Retirement Coach

Retirement Options

Member of the
International Coach Federation

Member of the **Fédération
internationale des coachs du Québec**

As a member of the International Coach Federation,
Claire adheres to the ICF Code of Ethics.

www.coachfederation.org



RetirementOptions



Getting Started with a **Complimentary Coaching Session**

A complimentary session with Claire Chadwick provides an excellent opportunity to understand the coaching process, and to explore the difference coaching can make. Claire works with clients across Canada in private telephone coaching sessions; in-person coaching can be arranged in Montreal.

These services are covered under most insurance plans.

To arrange for your free coaching session, with no obligation to continue, contact Claire Chadwick:

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