

Personal Development



Illuminate Your Possibilities

By Ray & Jean Kadkhodaian

- ✓ Do you feel you have little control over your life?
- ✓ Are you giving out the right messages to attract the one you want?
- ✓ Do you feel like you hold yourself back from success and would like to break that habit?
- ✓ Do you feel overwhelmed and unable to organize your life, yet are too tired to change?
- ✓ Do you enjoy your work but feel like something is missing?
- ✓ Does your marriage lack the excitement and passion it once had and you both don't know how to get it back?
- ✓ Are you unhappy with the person in the mirror and would like to know how to change?

If you answered "yes" to any of these questions and would like to change, you are not alone. Everyday, more and more people are hiring a personal coach to jump start their life in a forward direction.

With coaching you can expect more challenge more action and more results in 90 days than most people achieve in a lifetime.

Tina – 35 year old Marketing Executive came in for coaching because she felt "stagnant" in her personal and professional life. Her goals were to seek another stream of income that she was passionate about, to dedicate more time to developing a hobby, to find a committed relationship, and to identify the fears and obstacles in the way of advancing her career. In working with her Lighthouse Coach, Tina was **able to organize and focus her time and energy**. She used that time for self discovery through journaling, yoga and reading. She made a plan to face her fears and insecurities and forced herself to attend a public speaking workshop. There she met a nice guy, whom she is now dating, and created a seminar on the benefits of yoga, which she does in her spare time for extra money.

Susan – 39 year old divorced, single mom came in for relationship coaching. Her marriage to the father of her son turned out to be a mistake since **he was often emotionally abusive**. She owned her own company and immersed herself into her work. Eventually she began dating again and realized she was attracting men who were similar to her ex-husband. Not wanting to repeat the same mistakes she **identified, through coaching**, why she was attracting similar relationships. It was in the discovery of the subtle "messages" she was giving out and the redefining of her personal values that she learned to define a healthy relationship. She worked on assertive communication, created effective personal boundaries and soon attracted a compassionate, respectful man. She is now extremely happy and **engaged to be married this summer!**

Jim and Lisa - Jim and Lisa came in for coaching at **the brink of divorce**. Previous marital counseling was described by them as having driven the wedge deeper between them and the **lack of trust** was more than apparent within both individuals. Their arguments were public and out of control. Jim owned his own business and on many occasions **their fighting was done in front of customers and employees** thoroughly affecting every aspect of their lives. When Lisa discovered that Jim was hiding money in an off-shore bank account, both of them were considering serving each other with divorce papers. With coaching, both Jim and Lisa were first able to **recreate themselves** as individuals again. Then they were able to **rebuild their marriage** with a solid foundation. They now **communicate respectfully** and their relationship has reached a **whole new level**.

Take Action, Get Results!

- Live Authentically
- Success and Empowerment
- Organization and Balance
- Sense of Purpose
- Increased Self-Confidence
- Increased Self-Awareness
- Direction and Focus
- Relationships full of Synergy
- And much more...

Founded by Ray & Jean Kadkhodaian, *The Lighthouse Consulting Services of IL, Inc.*, is the only husband and wife owned company of its kind in the Chicago Northwest Suburbs providing personal and career coaching



services, hypnosis and life improvement workshops for individuals, couples and companies.

The Lighthouse is a full service coaching and personal development company, located in downtown Arlington Heights.

For more information call 847-253-9769, or visit www.lighthouseofillinois.com



847-253-9769

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DISCOVER THE SECRET MESSAGE HIDDEN IN YOUR NAME

- Does your career allow you to express yourself to your fullest potential?
- Do you have that nagging feeling that you are supposed to do something extraordinary with your life but have no idea what it is?
- Do you continue to attract Mr. Wrong?
- Is your nickname or the spelling of your name right for you?
- When is the best time to start a new project?

The answer to these questions and many more are encoded in your name and Name Analysis has the key. Your name is the phrase that you will hear most often in your life. It calls you! It defines you! It is you!

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