



## Personal Coaching With Stella's Mum



# The power of a life of excellence

**Personal coach, trainer and author ELISABETTA FRANZOSO reveals how to master your emotional life and build a life of excellence.**

**W**ith the troubled financial markets, job volatility and the cost of life rapidly increasing, you may have concerns about the future of you and your family. In challenging times, we can accept our fate – or wake up and take action to conquer what may limit us!

**A Life of Excellence** What makes a difference to the quality of your life? People who thrive in life, in contrast to merely existing, do so because they live a life of excellence. They are physically, emotionally, intellectually and relationally fit to overcome adversity and obstacles.

**Reality Check** It's common to blame our circumstances or other people for the results in our life. We often forget to analyse our own choices and actions. Why is it some individuals who have everything – love, family support, education and economic opportunities – throw it all away? Conversely, why do some people grow up with every obstacle, yet transform their lives and become leaders who are fully alive and inspirational?

**Insights** Your experience, culture and background all contribute to your pattern of behaviour. Some people feel more joy than frustration and focus on achieving success rather than failure. Others create a life of meaning and fulfillment, versus a life of stress and despair.

**Result** In order to master your life, you need to be well equipped with physical, emotional, intellectual and relational strategies to break through any barriers. It's not about what happens around you, it's about how you respond to adversities and the choices you make.

**Moving Forward** Decide now to take that first step and unleash the energy to motivate you to achieve all you are worthy of, whether it's your body-image, health, wealth, relationships or career.

Master your emotional life, reinvigorate your relationship between your body and mind, build self-confidence and achieve peak performance in life and at work! Personal coaching can help you conquer what still limits you and support you in building a life of excellence. **F**

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

### ACHIEVE PEAK PERFORMANCE IN LIFE & WORK SIGN UP NOW!

From March 2009, join **Performance Power**, a new energising workshop designed by Elisabetta Franzoso and Marcel Daane. For more information on schedule and venue, email [info@insideoutyou.com](mailto:info@insideoutyou.com) or call 6465 4605.

Elisabetta Franzoso empowers individuals to achieve excellence and transform from the inside out through personal coaching services. The founder of *InsideOutYou* – a corporate training company – she is the author of *Stella's Mum Gets Her Groove Back* (\$28.80, at bookstores and [www.amazon.com](http://www.amazon.com)) – an inspirational real-life testimony of how love, faith and hope can triumph over denial, guilt and shame.



**STELLA'S MUM**  
Your Personal Coach

#### Stella's Mum Personal Coaching Services

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