



(Option Method) Success Coaching

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Fast – Easy – Powerful Results both Personally and Professionally **THE OPTION METHOD SUCCESS COACHING**

Phone Appointment or On-site

Good return on investment

A survey by Fast Company Magazine found that up to 40 percent of Fortune 500 companies hire coaches to improve their businesses.

"In one of my many option sessions with Marilyn we focused on my limiting belief that as a fabulous woman of 50, I'm "too much" to find a suitable mate. After that session I stopped trying to diminish my vivacious nature and found a man who loves my exuberance." - Jana Stanfield

Want to produce breakthrough results in your life?

Marilyn Suttle's Option Method Coaching Sessions will help you free yourself of the feelings and behaviors that limit you. The Option Method is a inquiry process exposing hidden beliefs that interfere with your desires and goals. As your Option Method practitioner, I do not counsel, give advice, or force an agenda on you. My job is to give you a safe, confidential place to talk, listen carefully, be in complete acceptance, and know that YOU are the best expert of your life. I ask a series of logical questions based on your responses. Your job is to answer the questions, and as you do, your unhelpful beliefs come to light. Once uncovered, they often dissolve and are replaced with beliefs that SUPPORT your values and goals.

Most people enjoy a series of two or three one-hour sessions, however you can gain results and insights from only one session. Employers - Empower your management to be more productive, and well balanced. Option Method sessions will help release the negativity that affects staff, clients and the bottom line. Get results by bringing me in on a regular schedule to help your company leaders reach higher levels of effectiveness at work and in life.

Phone Sessions: Option phone sessions take place on Mondays only. Choice from a a one-hour session for \$157, or the package rate for three one-hour sessions at \$79 per session.