

# *LISA C WADSWORTH INC*

PERSONAL/PROFESSIONAL DEVELOPMENT COACH

Dear Friend,

If anyone understands the challenge of change and personal reinvention, it's me. Please allow me to share my story.

The year 2000 brought a sudden and painful end to my ability to practice clinical hygiene. Twenty years of service to patients and the industry I love came to an abrupt end caused by musculoskeletal pain and dysfunction.

The transition out of the operatory was painful both physically and emotionally. Leaving my patients behind and stepping out of private practice was quite a daunting life change!

The transition fostered the start of Lisa C Wadsworth Inc. a company designed to support dental practices not only in their quest for clinical excellence, but to avoid the ergonomic pitfalls and pain that plague the industry.

Ultimately I faced multiple spine surgeries and years of physical therapy, which enable me to have empathy for **anyone** suffering from chronic pain. The surgeries and recovery challenged me to again, reinvent how I would help her clients.

Coaching people away from despair and self-doubt and on to new careers is the cornerstone for my newest business venture and life mission.

I understand all too well the rigors of reframing and rebuilding both a business and a body! With a positive eye turned to the future, coupled with the experiences of my past; I am poised to be your personal coach through all of life's difficult transitions.

If you think the path ahead is too difficult or confusing to travel alone I am awaiting your call.

Personal coaching is a powerful relationship which enables an individual to realize extraordinary results through the coach-guided process of discovery, goal setting, and meaningful action. My personal coaching sessions focus on creating positive results in your personal and professional life by building self-awareness and suggesting positive action.

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Here's how I can help you in five proven steps:

1. Together we will clarify your goal, dream, or vision. What exactly do you want in this area? If you are unsure, as many people are, I have a discovery plan for you. "Accept, Aspire, Achieve"
2. Next, we will reveal what is keeping you back from what you really want. We identify any fears, concerns, or obstacles that may be in your way and devise strategies to overcome them.
3. Then we break your vision or goal into bite-sized manageable chunks. When you focus on these "bite-sized" steps, you will quickly begin to move towards your goal/dream.
4. From there, we create specific, measurable goals, plus an action plan to achieve them.
5. Through our 2-3 times a month calls or walk/talk sessions, I will help keep you accountable, focused, and inspired to execute your plan. Many people have great ideas. I'm sure **you** have great ideas: yet for success, you must **act** on them.

Let's talk and make it happen! ☺

Sincerely,



Lisa C Wadsworth

To succeed in life you need three things: A wishbone, a backbone and a funny bone.  
~ Reba McEntire

...And a GOOD Coach – Lisa Wadsworth