



## ARE YOU A “COACH RESISTER?”

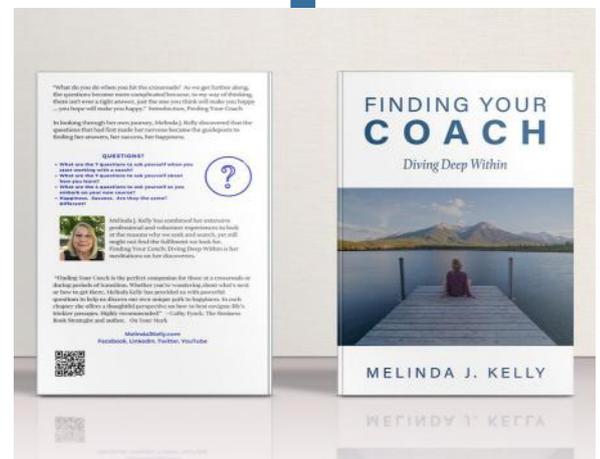
You're afraid to invest the money? Don't want to give up control to someone else? Think you know better and if you tough it out, it will get better? You've tried and it didn't work, so you won't give it another shot? Until, maybe, the hammer comes down! Your business hits rock bottom, your partner leaves you, your health deserts you, you're so miserable you're loading up on anti-depressants? That's usually when someone gets desperate enough to hire a coach. But Melinda J. Kelly says it's a mistake to wait that long when there are so many ways for you to thrive and succeed NOW with a coach that's right for you.

## MELINDA'S MOST POPULAR MEDIA TOPICS

- **Hiring a Coach** There's more to it than just hiring a coach...you have to be ready, willing and have the right mindset to make the relationship succeed...
- **Going Within** How you can go deeply within to prepare yourself for a coaching relationship that will take you far beyond what you can do on your own.

## VALUE ADD FOR AUDIENCE MELINDA ADDRESSES

- The 7 questions to ask yourself when you start working with a coach
- The 7 questions to ask yourself about how you learn
- The 4 questions to ask yourself as you embark on your new course





## PRAISE

“Finding Your Coach is the perfect companion for those at a crossroads or during periods of transition. Whether you’re wondering about what’s next or how to get there, Melinda Kelly has provided us with powerful questions to help us discern our own unique path to happiness. In each chapter she offers a thoughtful perspective on how to best navigate life’s trickier passages, helping us find ourselves, our style, and our smile. Highly recommended!”

— Cathy Fyock, *The Business Book Strategist* and author, *On Your Mark*

“A highly personal motivational manual focuses on life coaches”

“The author knows that these and other key fundamental questions beset her readers, and she offers a wide range of thoughts on the kinds of coaches people might consult in order to help them navigate the complicated field of possible answers.

... In clearly written short chapters, she helps readers assess not only the nature of their problems.”

— Kirkus



## ABOUT MELINDA

Melinda Kelly, author of *Finding Your Coach: Diving Deep Within*, watched the dance and seduction of success in her LA world where Award Season is a thing. In the real world, it often seems happiness can be just as fast and fleeting as success. Why?

Why do people ‘hear’ one person but not another? What makes one person command the room, yet another be considered a bore? With extensive time in leadership development and volunteering, she found the interplay of hopes, personalities, and outcomes within and between people to be a kaleidoscope of possibilities. Encountering her own crisis of direction led her to a personal journey of questions. *Finding Your Coach: Diving Deep Within* is her first collection on those discoveries. Focusing on the inherent internal blocks that present when we go searching for answers and work with others, led to the assumptions we make for ourselves and how we accept information. Why do some people go once to a conference and leave with everything under the sun? Why do others worry they didn’t take the right notes? With that self discovery, what is the journey we truly want to take? What is the quest we are on? Do we know or have we been led? Do we dare to ask the true questions of our life?

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