

# doreen | rainey

LIFE COACH • SPEAKER • AUTHOR



*Helping Individuals Get RADICAL  
– At Work and In Life*

# HOW TO IDENTIFY THAT YOU NEED A LIFE COACH



- Are you feeling compelled to make a change - in your life, your relationships, or your career?
- Do you feel as if you're not meeting your full potential - or aren't putting your talents and gifts to use?
- Is moving forward and making changes important to you; but you've let excuses get in the way? ...*not enough time, too much debt, not enough money, too busy, not sure how to move forward, no one supports you.*
- Are bold actions necessary to bust through the barriers that have held you back and to move forward now?
- Are you in need of time to reflect and work through your ideas and thoughts; but the pressures of life and your constant state of busyness gets in the way?

If you answered **YES** to any of these question,  
then call Doreen today - 1-800-608-9204

Working with a coach can also help keep you focused, accountable and moving forward. A coach helps you:

- Honestly and objectively take a look at areas of your life to see where you are, determine where you want to go and set an authentic path to get there.
- Develop the awareness, skills and abilities to create positive, lasting change.
- Recognize your purpose, values, and strengths and deal with your weaknesses.
- Break through limiting assumptions and thinking to explore new perspectives to achieve tangible, measurable results.
- Step out of your comfort zone and take some risks.

“My coaching experience allowed me to re-focus my attention on what was currently important in my life and to be held accountable.”  
- Gina R.

“Just when I’ve rationalized what I believe are my sound views on life, Doreen provides me with a different, yet uncompromising perspective that influences me to think deeper and live better.”  
- Teleshia D.

“You’ve changed my thinking and inspired me to go after my passion.”  
- Lori W.

[WWW.DOREENRAINEY.COM](http://WWW.DOREENRAINEY.COM)

1-800-608-9204

WITH THE MANTRA  
“GET RADICAL”,  
DOREEN ENERGIZES,  
EMPOWERS, AND EQUIPS  
THE AUDIENCE TO  
TAKE CHARGE OF THEIR  
PROFESSIONAL AND PERSONAL  
LIFE. THROUGH HER  
KEYNOTES, WORKSHOPS,  
BREAKOUT SESSIONS AND  
SEMINARS, SHE CHALLENGES  
ATTENDEES TO EXPLORE NEW  
PERSPECTIVES AND **BECOME  
BOLD AND COURAGEOUS  
ENOUGH TO BE THEIR BEST.**



From the moment Doreen Rainey steps into your space, the challenge begins. Her presentations are filled with “HOW TOs” and “WHY TOs” that show you how to go beyond the norm to excel and thrive – designing a life of passion, purpose, and self-defined success.

## Doreen’s Most Popular Programs:

### R.A.D.I.C.A.L. Living

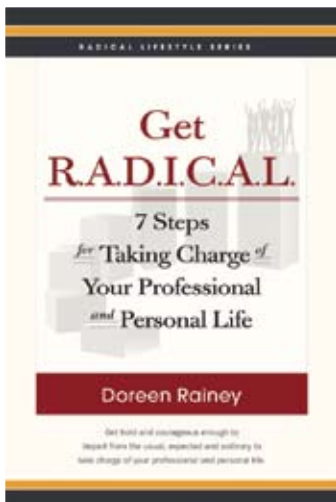
Many people want to make radical changes - in their career and in their personal life, but either have no idea where to begin or haven’t acted on the ideas that they’ve had. In this informative and entertaining keynote, Doreen shares the path to help you “Get RADICAL”.

R - REALIZE  
A - AFFIRM  
D - DECIDE  
I - INVESTIGATE  
C - CREATE  
A - ALIGN  
L - LIVE

### Life Management 101

Is your life out of control? Are you trying to manage your career, family and your own personal goals? Doreen Rainey helps you examine why you are always in a state of rushed confusion. This thought provoking session gives the insight into finding balance and creating a plan of action to take charge of your time. It’s not time management – it’s life management.

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# GET R.A.D.I.C.A.L.

7 Steps *for* Taking Charge *of* Your  
Professional *and* Personal Life

Available  
September 2009

SUBSCRIBE TO DOREEN'S  
"GET RADICAL" BI-WEEKLY NEWSLETTER  
AND RECEIVE HER 7 RADICAL TIPS!

VISIT HER WEBSITE AND SUBSCRIBE TODAY!

[WWW.DOREENRAINEY.COM](http://WWW.DOREENRAINEY.COM)

doreen | rainey

1-800-608-9204

[doreen@doreenrainey.com](mailto:doreen@doreenrainey.com)

[www.doreenrainey.com](http://www.doreenrainey.com)

Read Doreen's Radical Rants - [www.doreenrainey.blogspot.com](http://www.doreenrainey.blogspot.com)

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