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LITE Up Your Work and Life: 6 Essentials to Expressing Your Full Potential

Helen Roditis

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ARE YOU YEARNING TO EXPRESS YOUR FULL POTENTIAL?
DISCOVER HOW WITH THESE 6 ESSENTIALS.

Helen Roditis has experienced what many employees and business owners experience daily: pressure to keep it together while striving to thrive. To revitalize her life and the lives of others, she became a holistic leadership coach. After coaching hundreds of clients, she noticed that many are hungry for growth, meaning, and balance, and a work environment that supports their development. No matter what issues her clients brought to coaching, their deeper yearning to live out their full potential was the same.

In response to this need, Helen developed an integrated coaching model to help her clients identify and live out their full potential in work and life. LITE Up Your Work and Life offers this same holistic coaching model to you. Whether you're contemplating a new career, experiencing a major transition, or simply longing for more fulfillment, these 6 essentials will help you discover your core purpose, integrate your work and life with vibrant synergy, and find peace in the fulfillment that comes from living out your full potential.

INSIDE YOU WILL FIND:
-The Circle of LITE™, a holistic coaching model designed to help bring out your full potential step by step;
-Exercises that will awaken your inner power to lead a purposeful career and life that reflects who you are;
-How, through a twist of fate, Helen overcame her own self-limiting beliefs and began expressing her essence;
-And more.

Helen Roditis, an Associate Certified Coach, International Coach Federation member, and founder of essence coaching, brings over 20 years of professional and personal experience to her work. Her articles Empower Your Employees and Reap the Rewards, and Proactively Managing Employee Stress have been published in Canadian business magazines.

Connect with Helen at www.helenroditis.com.

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Genia Vanderford:

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love LITE Up Your Work and Life: 6 Essentials to Expressing Your Full Potential, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

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