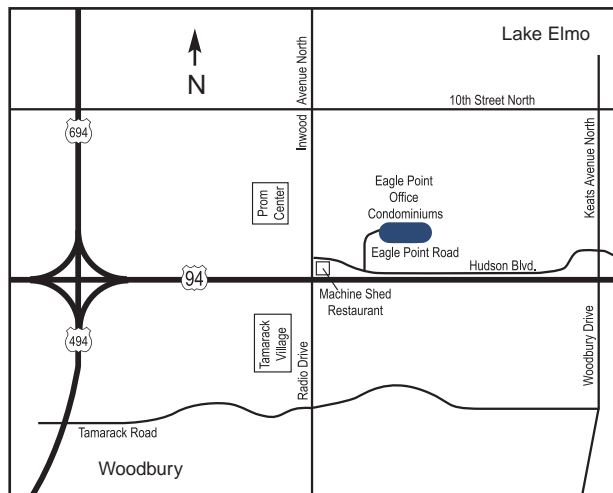


LIFE DIRECTIONS CONSULTING



DIRECTIONS

Bachmann & Associates is located northeast of the intersection of Interstates 94 and 694. Take I-94 to Woodbury's Radio Drive exit, then travel north to Hudson Boulevard, east to Eagle Point Road, and then north to Eagle Point Office Condominiums. Bachmann & Associates is at 8669 Eagle Point Boulevard.

**BACHMANN &
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Life Directions Consulting

Helping People Live Fulfilling, Self-directed, Integrated Lives



Personal, Professional & Career Coaching Services

**BACHMANN &
ASSOCIATES**
INCORPORATED



You Will Benefit From a Personal or Career Coach if...

- You long to make a difference with your life.
- You want to reflect on the big picture of life in order to live purposefully and meaningfully.
- You need a safe place to begin resolving ongoing work related difficulties.

How Do I Start the Process?

- Call to schedule an information gathering session. You will learn about the services and determine if coaching will meet your needs.
- Sessions can include verbal consultations, assessment interpretations, resource gathering, goal setting, and workplace management consultations.
- Consultations are not covered by insurance.
- For your convenience, consultations are conducted telephonically or in person.

Coaching is Designed to...

Help you *explore* who you are, and *live* in keeping with your abilities & motivations.

Provide a setting to *reflect* on your life and *make wanted changes*.

Remove roadblocks hindering you from maximizing your potential.

Encourage you to think about the future and “ask why not?”



Who Are Your Coaches?

Chet Mulholland, MA, MS, and Christina Gandhi, PhD, LP, have 25 years of experience coaching, consulting and training in the local parish, on the university campus, and in the corporate setting.

Life Directions Consulting

651-379-0444

“The greatest thing any person can do for another is... to see what is most deeply there, most fully that person, and then confirm it by recognizing and encouraging it.”

-Martin Buber