



*HARNESS THE* **POWER** *WITHIN YOU*

**with PRIMECO's COACHING PROGRAMS**

Professional coaching is a highly effective tool for individuals and organizations. Coaching is designed for people who choose to make their future start right now, instead of thinking "maybe, someday, if it's not too hard". Coaching is best suited for authentic, healthy, ambitious, brave and open-minded people who strive for excellence in their everyday lives.

**We Provide Coaching Services To Individuals, Organizations, And The Public Through Three Different Divisions:**

### **PERSONAL COACHING**

- Power & Effectiveness Course
- Individual Coaching
- Mentorship Program
- Accountability Coaching
- Family/Couples Coaching
- Jump Start Your Life

### **BUSINESS CONSULTING**

- Team & Organization Training
- Business Consulting
- Managers Training
- Executive Coaching
- Primeco Coaching Academy

### **SPECIAL EVENTS & SERVICES**

- Bravehearts Program
- Stakeholders Program
- Building Blocks (Tele-Classes)
- "Life Is Great" Annual Event
- Developmental Seminars
- Retainer Plan

Primeco's wide choice of coaching and consulting programs has been carefully designed to fit everyone's needs. Primeco's experience, combined with our breakthrough coaching techniques, will bring out your best attributes and lead you to a happy, productive and more fulfilling life both personally and professionally.

### **BENEFITS OF COACHING**

- Increase velocity and success
- Recapture your interests and passions
- Accomplish more in less time
- Stretch your imagination and self-expression
- Invent a vision and put it into practice
- Communicate directly and clearly
- Increase overall efficiency and effectiveness
- Fall in love with life again, and live it fully!



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