



Life Coach \* [www.dawngreaney.com](http://www.dawngreaney.com) \*  
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## **RESOURCES**

--Mile High Business Alliance - <http://www.milehighbusinessalliance.org/>

A non-profit membership organization committed to building a more connected, resilient and healthy local economy.

--Colorado Local First - <http://www.coloradocalfirst.com/>

Local business directory as well as neighborhood guides & maps of local businesses (Local Flavor Guides).

--Hudson's Job Listing - <http://www.andrewhudsonsjobslist.com/>

A weekly email of job listings.

--Perfect Pitch/Dyana Valentine - <http://dyanavalentine.com/>

Entrepreneur coach who can help you create a spectacular elevator speech. Her personality is infectious.

--Free career help, business training, organizational development - inspirational, innovative ideas, materials, exercises, tools, templates - free and fun. <http://www.businessballs.com/>

--Vacation Vacations - <http://vocationvacations.com/>

Offers the chance to test-drive over 125 unique careers through almost 300 expert mentors.

--Louise Hay/Heal Your Life - <http://www.healyourlife.com>

Tons of inspiring articles & resources to keep you positive and encouraged.

### **Books:**

Barbara Sher – *It's Only Too Late If You Don't Start Now*

Dan Miller – *48 Days to the Work You Love*

Lynne Twist – *The Soul of Money: Transforming Your Relationship with Money and Life*

Jill Bolte Taylor – *My Stroke of Insight*

## Videos:

--Steve Jobs Commencement at Stanford 2005

<http://www.youtube.com/watch?v=D1R-jKKp3NA>

--JK Rowling Commencement at Harvard 2008

<http://harvardmagazine.com/2008/06/the-fringe-benefits-failure-the-importance-imagination>

--Elizabeth Gilbert's talk on a new way to think about the creative process

[http://www.ted.com/talks/elizabeth\\_gilbert\\_on\\_genius.html](http://www.ted.com/talks/elizabeth_gilbert_on_genius.html)

--You Can Heal Your Life, 12 parts – A great reminder of how to change thoughts from negative to positive.

<http://www.youtube.com/watch?v=YKfNqnSOEvg>

--Jill Bolte Taylor's inspiring TED talk about what she learned throughout her experience of recovering from a stroke.

[http://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight.html](http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html)

## About Dawn Greaney & Life Coaching....



**Life coaching** is a results-driven partnership that navigates through a thought-provoking and creative process, inspiring you to maximize your personal and professional potential. Life coaching can close the gap between *thinking* about doing and actually *doing*, opening up the channels of self-discovery in the process.

Whether you're looking to incorporate a few lifestyle improvements, develop more-consistent healthier thoughts or you're wanting to completely change the direction of your life, a coach can help

you get from where you are to where you want to be by listening on a deeper level, organizing and clarifying your thoughts, guiding you through tough decisions, and offering creative solutions in order to break through any barriers keeping you from the success that you deserve. Life coaching is a great investment in yourself.

We can meet face-to-face during sessions, over the phone or via email. My role as your coach is to listen, help identify priorities & obstacles, and co-create a clear action plan for success, which may include "homework" to be done between sessions. I will support you and hold you accountable throughout your journey, allowing you to take risks and explore new ideas while giving you the space and security to

change bad habits and negative thinking. I will assist in clarifying and organizing your thoughts, ideas and goals by asking specific and sometimes challenging questions which may also uncover resistance that is holding you back. I will help you celebrate your victories and will be there to discuss any concerns, fears or changes you experience throughout your journey. I will be honest and upfront and will give you the opportunity to talk at length about things one usually doesn't get a chance to talk about in normal social situations. Sometimes just hearing yourself talk about a situation can bring about clarity. We'll also laugh a lot and have fun....this doesn't have to be difficult.

If you are ready and eager to break through the obstacles that are standing in the way of your happiness, contact me for a free consultation. [dawn@dawngreaney.com](mailto:dawn@dawngreaney.com)