

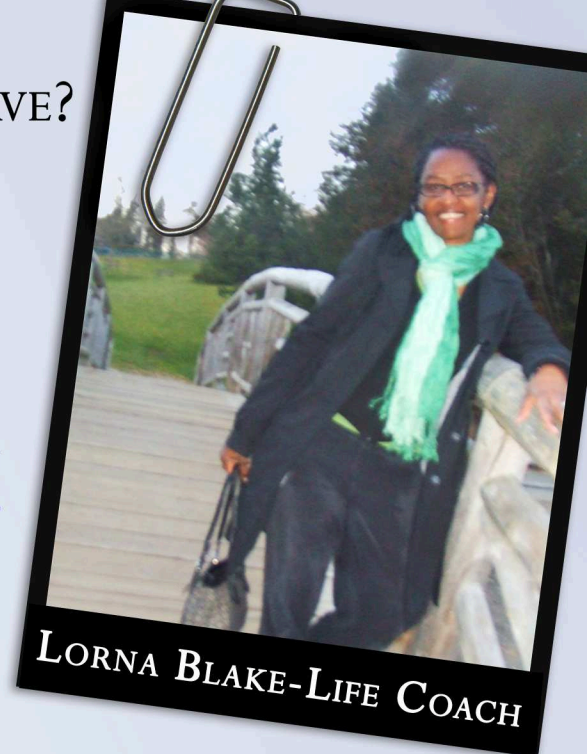
ARE YOU SETTLING FOR LESS THAN YOU DESERVE?

WHAT DO YOU WANT?

LET ME HELP YOU GET IT - THROUGH MY

LIFE COACHING PROGRAM!

Let me help you bridge the gap between where you are now and where you want to be.



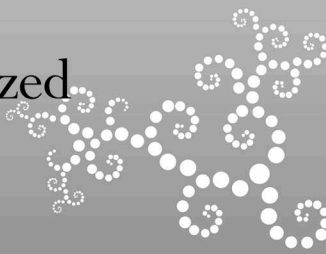
 WHAT PEOPLE ARE SAYING ABOUT LORNA'S COACHING:

“You bring a groundedness to this work and an innovative perspective...”

B. T., Toronto, Ontario

“I like that our coaching session is customized to suit my needs!”

S. L., Bowmanville, Ontario



I HAVE A PROGRAM DESIGNED ESPECIALLY WITH YOU IN MIND!

I help you:

- Get clear on what you want to achieve
- Become aware of the challenges keeping you from achieving
- Improve your environment to assist you in reaching your goals
- Create a next-step action plan to move you one step closer to your goal
- Gain a sense of renewed energy and motivation to make your goal or dream a reality!

“I love your style, Lorna. You always zone right in on the centre of the problem.”

- A.J., TORONTO

HERE'S WHAT SOME OF MY CLIENTS ARE EXPERIENCING:

Relationship Breakthroughs

PARENT - ADULT CHILD RELATIONSHIP

“Using the skills you taught me enabled me to spend an hour with my mother yet it didn't take my energy as before. When I left there was no knot in my stomach. My mother felt good and I felt happy!”

- S. L., Bowmanville, Ontario

WIFE-HUSBAND

“Boy I can't believe what you uncovered with our last couple of sessions! I now see that the merging of our houses is more about a relationship block than the physical buildings. Thanks for being so insightful and challenging me (and my husband) to grow!”

- M.W., Toronto

SELF-LOVE

“I'm learning to take care of someone and that's me. You taught me to give myself permission to stand up for myself and that it's an empowering thing, not a selfish thing.”

- B.T., Toronto

Career Success Stories

“I found a job in my field after doing a few coaching sessions with Lorna!”
- M.W., Toronto

“I just had a scheduled coaching call with Lorna this morning and I continue to be grateful and amazed at her expertise... I have grown incredibly in my self-presentation since beginning work with her.”
- J.S., Toronto

“Lorna helped me achieve my dream of getting accepted into an American university! She was my sounding board and she gave me ideas and strategies... She kept saying: “You can do it!”
- A.J., Toronto

I HAVE EXPERTISE IN SEVERAL AREAS INCLUDING RELATIONSHIPS, LIFE TRANSITIONS (CAREER, SETTLEMENT, SEPARATION, DIVORCE, REMARRIAGE), HEALTH, STRESS-MANAGEMENT AND WORK-LIFE BALANCE.

“Thanks for all your support Lorna... You’re simply amazing... Whatever I throw at you, you can guide me through.”
- S.L., Bowmanville, Ontario

ABOUT LORNA

Lorna is a powerful, passionate and engaging individual. As a former Social Worker and Teacher she’s helped many find their purpose, maximize their potential and live more responsibly.

The child of a teenage single mom, she was reared in tough inner-city neighbourhoods in Kingston Jamaica. Now as a Life Coach in the field of personal development and self-empowerment, she specializes in helping people connect with their purpose and achieve their goals and dreams. She is also the author of “*Whose Life Is It Anyway*” and “*The Assertiveness Basics e-Course*”.

EMAIL LORNA@LORNABLAKE.COM OR CALL 416 693-7347
TO GET YOUR FREE COACHING CONSULTATION