



What is a transitional coach?

A transitional coach is someone who supports and guides others to perform at a higher sustainable level.

They provide the objectivity necessary to help people see “outside themselves”. Through encouragement, motivation and strategizing, they help open the door of opportunity.

Their overall goal is to lead their clients to self-empowering discovery, sustainable results and heightened levels of success.

Belda Villalon is a transitional coach. She applies her 25 years of operational and leadership development coaching experience to help you:

- ✓ Identify your vision
- ✓ Establish your goals
- ✓ Align your thoughts, feelings and actions around your vision to achieve your goals
- ✓ Discover road blocks and gaps impeding your progress
- ✓ Develop a sense of accountability toward your commitments
- ✓ Create personal fulfillment in your leadership role and in your life

Working with Belda, you will devise a personal plan to reach your desired goals and objectives.

The transitional coaching process usually last a minimum of three months. Coaching session are 1 hour once a week. The general flow of the process is as follows:

- **Energy Leadership Assessment**- Understanding energy levels and how they apply to you
- **Values Assessment** - Clarifying your values and vision
- **Breakthrough Laser Coaching** - Identify events preventing progress
 - Review, resolve and redefine your journey
 - Understanding your power of choice
 - Brainstorming new possibilities
- **AIM SMART Planning** - Move action forward
 - Analysis, understand and learn from your decisions
 - Shift to a higher level of awareness and action
- **Sustainability** - Recognize what inspires you and keep moving forward!

Ready – Set – Let’s Get Started!