

# Carl Barringer

## *Life Coach*

PCC - International Coach Federation (ICF)

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## **My Mission Statement**

*My mission as a Life Coach is to offer people awareness and optimization tools to make their lives their current sweet spot - to move from feeling like they are missing something to living an optimally vibrant life.*

*Evolutionarily, it is time for people to find their true power - for themselves as well as to be an example for their daughters, sons and society. There is nothing as important as or more stunning than one who has found all of his or her potential and knows how to create what he or she wants.*

## **What to Expect**

Through our coaching conversations, you will learn more about yourself, your style and the effect that your decisions have and have had on the quality of your life.

Grounded in this knowledge, you may then take actionable steps to change your life – from crisis to stable, from down to up, from “normal” to amazing.

Through your growth, your relationships will be more satisfying, your passion for life will increase and you will be more ok (even when you don’t feel like you are).

You can even expect your relationship with yourself to improve – and that will affect everything around you. It’s not magic and it does take work – but everyone who has developed themselves through coaching has felt better and enjoyed life more.

***Top performers in ALL fields have a coach of some sort.***

***Why should you settle for anything less?***