

Design Your Life

COACHING FOR NEW CHOICES

with Patricia Hirsch
Master Certified Coach



Variety

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*This show
broadcasts every
Tuesday at 8AM Pacific on
VoiceAmericaVariety.com

About The Host

Patricia Hirsch is the founder of Design Your Life Coaching, an ontological coaching company. Over 31 years as leader, mentor, manager and now coach, she has worked extensively with individuals and teams to facilitate relationships across cultural, educational, emotional and other discourses. Her work is focused on executives, teams and individuals and has delivered key notes to healthcare, financial and coaching audiences. She regularly leads global teleconferencing classes.

Patricia's coaching and leadership development methodology is grounded in somatic, linguistic and emotional competence and draws on each of these domains with clients to raise awareness, enable action and generate sustainable and high levels of performance. Her primary roots with coaching are based in her 14 years in the healthcare field where, as an Open-Heart Intensive Care RN, she coached people through the realization that they were at life-altering turning points.

She owned a coaching company from 1993-98, where as an ontological coach and U.S. Coast Guard private Captain, she took clients off-shore cruising, coached them to "go after their dreams" and trained them to operate 40-50 foot sailboats.

Patricia works on numerous initiatives and remains active on rosters for high impact change organizations, including the International Coach Federation, a leading global coaching organization dedicated to advancing the coaching profession with high professional standards.

About The Show

Life today can be confusing. With technology, unstable economies, a media barrage and relationships pulling at you, what choices will best serve you to navigate to that perfect life? There are decisions, conversations, assessments – and all begging for attention. How do you determine what works for you? Have you noticed you've taken actions but haven't really moved forward? Instead frustration and concern have shown up, and time marches on

Do you have a personal vision? You know - a future you have designed to pull you forward from the present. The one you wake up into every day that you just can't wait to get up and live No? Is it time to start?

Our weekly coaching conversations will begin with you revealing to yourself what you haven't noticed up until now. Join me to begin to observe what has been operating you and getting in the way of you designing that perfect future worth living into. Design Your Life airs Tuesdays at 8 AM Pacific on VoiceAmerica Variety.



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