

## LIFE COACHING

NAVIGATE CHANGE  
OR TRANSITION

**Do you ever feel like a cork, bobbing about in the sea of life, drifting wherever the tides take you?** Then it's time to gain clarity about where your life is going and learn to make conscious decisions to go in the direction **you** choose. You can do it...with a Life Coach.

DISCOVER YOUR  
TRUE PASSION

LIVE YOUR LIFE  
ON PURPOSE

Life Coaching is not therapy, mentoring or consulting. Life Coaching is a unique process that allows you to shape and sustain the reality you want, throughout your life. **Finally, you can become the captain of your ship.**

PURSUE PERSONAL  
GROWTH AND  
SELF-RENEWAL

BUILD YOUR  
BEST CAREER

Life Coach Ruth Ann DeSantis has helped scores of people to make electrifying life changes. Her life long passion for personal growth, her supportive nature and uplifting energy combine to make her the perfect guide for your journey forward.

ENHANCE YOUR  
RELATIONSHIPS

BRING MORE  
BALANCE TO  
EVERYDAY LIVING

**To schedule a complimentary**, 30-minute coaching consultation or to discuss your upcoming speaking needs please call Ruth Ann DeSantis at 203.869.1306 or e-mail: [ruthann@radesantis.com](mailto:ruthann@radesantis.com)

**RUTH ANN DESANTIS**  
CERTIFIED HUDSON INSTITUTE COACH

po box 894 | greenwich, ct 06836

Complimentary Coaching  
Consultation. **RSVP** today.



life coaching. it's about change.

# THE JOURNEY

DIVORCE. LOSS. CAREER CHANGE. ILLNESS. BOREDOM. DAILY CHAOS.



*Did you know that your greatest challenges and conflicts can actually provide you with amazing opportunities for personal growth?*

With deep exploration of your whole self, inspiration to change and dedication to achieving your goals, your work with Ruth Ann will reveal endless possibilities for your future.

## **Connect with your purpose and passion**

- Learn to tap into your core beliefs, values and experiences ... they're the driving force behind your motivation and transformation.
- Feeling Stuck? Get ready to break through barriers that keep you from expressing your true self.
- Take stock of your NOW; then explore the very essence of what you truly want from life.

## **Create a sense of well-being**

- Live with a light heart by mastering stress-busting skills and reprioritizing responsibilities.
- Learn to recognize when it's time to make a change; then let go and evolve to a better lifestyle and live!
- Explore the body/mind/soul connection and create a customized plan for total life balance.

## **Commit to your goals**

- Shore-up success by validating your strengths, building skills, and enhancing your inner and outside resources.
- Set realistic milestones to reach along your journey forward.
- Get step by step guidance to confidently turn any stumbling block into a stepping stone.

*Every journey begins with a single step. Call now for your one-on-one, complimentary coaching consultation. p:203.869.1306*



**RUTH ANN DESANTIS** is a Certified Hudson Institute Coach. Her focus is on empowering her clients through personal development using practical, effective and purposeful techniques. She helps her clients create plans of action, stay focused, and remain committed to achieving their goals and moving life forward.

## **CARING**

Greenwich Hospital Center for Integrative Medicine, Certified in Healing Touch I, Reiki I and II

## **EDUCATED**

B/A in Psychology, The Catholic University of America

## **CONNECTED**

Motivational speaker for organizations, workshops and retreats

## **ACCESSIBLE**

Coaching at your convenience, face to face or over the phone

## **QUALIFIED**

Professional Coaching Certification, The Hudson Institute of Santa Barbara

## **INVOLVED**

Member, International Coaching Federation

Visit our website@[www.radesantis.com](http://www.radesantis.com)