



1700 Sand Acres Dr Suite 2
De Pere, WI 54115
920-339-1111
www.havensalonspa.com

Life Coaching at Haven Salon & Spa!

It's time to take care of YOU! Quality of life can be described as how we live in our world in six different realms

- Relationships
- Career
- Recreation
- Health
- Money
- Personal development

Take a moment and ask yourself, "Am I happy and satisfied in these areas?" Now take a minute and rate yourself on a scale of 1 – 5 with 1 being the least and 5 being the most.

Area of Life	1	2	3	4	5
Relationships	_____	_____	_____	_____	_____
Career	_____	_____	_____	_____	_____
Recreation	_____	_____	_____	_____	_____
Health	_____	_____	_____	_____	_____
Money	_____	_____	_____	_____	_____
Personal Development	_____	_____	_____	_____	_____

If you marked less than a 5 in any of these areas you could benefit from time spent with a Life Coach. Our Life Coach, Paula Manley, is available to help you set a course to hit your personal development goals. Life coaching is all about you. It is coaching, mentoring, guiding, and assisting you to fully realize all of your potential.