



### What can One Step do for You?

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### Deborah Chamitoff

Deborah brings her 25 + years of business experience in various management, executive and personal success to the table to enable you, the client to achieve the success in life you have always wanted. With a Honors Degree in Business Administration, plus her accreditation as a certified Power Coach, Deborah can help you to realize your goals.

Deborah's passion involves empowering people to unleash the tremendous potential within themselves. With a primary focus on financial matters, Deborah can help you obtain the financial freedom you have always dreamed of. Deborah also has extensive training and experience in many other areas. Her ability to help people has included everything from dealing with health issues and eating disorders, to achieving success in business and personal relationships.

Deborah is a skilled public speaker and motivator who knows how to build a team and how to get people working together productively.

#### Deborah Chamitoff

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## ONE STEP COACHING



*Every Success Begins  
with One Step*





# ONE STEP COACHING



## Why Use a Coach?

People who want to succeed use coaches. Professional athletes, successful business people, high-ranking politicians. Anyone who wants to be successful at something uses a coach.

There are four basic types of people who use a coach or mentor:

1. Those who have heard about the need for having a coach, and think that they would benefit.
2. Those who are experiencing a measure of success, but recognize that there is some form of "blockage" to their progress.
3. Those who are already tremendously successful, and want to take their success to a new, higher level.
4. Those who want to tap into the knowledge and experience of someone who has already gone before them in an area of interest.

## What is Power Coaching®?

Power Coaching embodies the International Coach Federation's (IFC) Philosophy, Definition of Coaching, Code of Ethics, Ethical Guidelines and Core Competencies.

Power Coaching uses the science of Mind-Kinetics and Mentoring to maximize the benefits to clients.

Science has proven that behaviors and habits can only change if there is a physiological shift in our thinking brain cells. In times of stress and emotional distress, blood vessels constrict, which restricts the flow of nutrients to your thinking cells. This restriction, is what keeps people from thinking clearly and productively.

Power Coaching when combined with Mind Kinetics can overcome these roadblocks. Mind Kinetics is a tool that helps you to simultaneously access your left brain (analytical/logical) and your right brain (innovative/creative) so that you can break through to clearer thinking, discover the root cause of your stressors, create new solutions to conquer your challenges, and think like a genius.

## Success Stories

Insert testimonials here...

A coach or mentor is a person who supports people (clients) and helps them achieve their goals. This is achieved with goal setting, encouragement and questions. A coach is someone who helps clients to find answers using their own solutions, by asking questions that give them insight into their situation.

A coach helps the client by working out a mutual understanding of the scope of work and documenting that understanding in a coaching contract. After this, a coach helps the client to prioritize their current needs and looks for ways to address any improvements.

