

LYF4U - Products:

Attitude Adjuster - Audio CD

For the depressed and lost mind.

Motivation Maker- Audio CD

For keeping you upbeat and uplifting the mind.

(Both studio recorded audio CD's can easily download onto your computer or mobile device.)

Be Happy T Shirts

A reminder to keep on smiling. Ideal for gym wear, sleep wear, or that lazy day time wear. Sizes and colours by inquiry

The Power of Transformation

Co-author

The Mind Mechanic

(Getting the Green Lights on Life)

Published Author

All products \$25.00 + p/p

Life Coaching is 100% confidential.
Life Coaching 100% about you.

MISSION STATEMENT

By successfully utilizing tools and techniques. Your thinking will change, and with it, your life.



Maree McManaway

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Gold Certification Life Coach
NZQA Diversional Therapist
Qualified in Basic Counselling
Columnist

Trained in Sedona (letting go)

Practised in Mind Power

Published Author of "The Mind Mechanic" and co-author in The Power of Transformation



Call Maree to create the lasting changes you want in your Life.

4U

on

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Statistics prove; you are more likely to achieve your life goals and dreams with a Coach, than without.

Certified by LYF4U™

The Letting Go Technique

Verbal, Sexual and Physical abuse, traumatic events, life experiences can shackle and burden your mind/life leaving you heavy and despondent. Your beliefs, your perception about life are sabotaged on a subconscious level. The Sedona Method allows you to 'let go' of and make peace with so you can move forward completely and with renewed ownership of, you.

Personal Development

(est 6 week course)

An in-depth look at you, how you think, your beliefs, their limits, setting and achieving goals, gain knowledge of health & fitness, learn tools & techniques that create, excel you towards your forward focused LYF4U.

The Full Life Circle

(est 8 week course)

A complete package looking at all 8 aspects of your life. To know yourself honestly and to take action steps to build the ultimate you. This is your unique life mapped out with clear goals, tools & strategies in place to realise your untapped potential and achieve your ultimate LYF4U.

Teens Training for Success

(est 6 week course)

Designed to build aids in communications and relationships in both family/friends, to fit to front for employment, gain knowledge in health & fitness, to review career opportunities, build pathways of success.

Loving Relationships

(est 6 week course)

Have you fallen out of love with your partner?
A comprehensive journey into the reconnection and restoration of love, old and young.

Your 1st Session is Discounted

We share a 1 hr session (\$65.00) over a cup of tea, that answers all your questions about what coaching is, will it be for you, and more yet also you will be given tools to take away with you.

BEST LYF4U E-Newsletter
Offering Monthly Motivational and Wellbeing Tips, based on topics that support and suggest new ways of managing life and the judder bars, that we experience throughout the years.

f Facebook

Join me on Facebook to see daily inspiration and motivational quotes. Via Life-Coach Maree McManaway