

## The Path of Constructive Life (PCL) Life Guidance-Coaching Program

- Do you ever feel confused and unhappy about your life?
- Do you ever hate your imperfections but felt powerless to change them?
- Do you ever feel frustrated that despite your best efforts that you can't seem to get over the "hump" and accomplish your goals?

Path of Constructive Life (PCL) is a distillation of ancient spiritual wisdom to help you find health, happiness and fulfillment in your life. The PCL Life Guidance program is a system that involves one-on-one coaching based on the studies of PCL designed for you to experience personal transformations that lead to powerful and positive changes in your life.

Imagine for a moment that PCL is the highway of your life then the Life Guidance program is the car. It is the vehicle that facilitates you getting from one point in your life to the next. The process of the work is intended to help you

- 1) Gain clarity about your life and your full potential
- 2) Recognize what is blocking you from reaching your goals
- 3) Empower you with the tools to make changes within yourself and manifest your life constructively and successfully.

So as you travel on the highway of life, you are able to experience fulfillment of your goals which may include evolving spiritually, improving your health, experiencing profound joy, finding meaning in your work, healing your relationships, becoming financially independent, helping the world be a better place, etc.

At the workshop/retreat we are going to first help you identify where you are on this highway and what all of your capabilities and potentials are, then we'll teach you a system based on the Integral Way principles so that you can experience the change that will transform you and therefore your life. You remain the driver of the car but the coaching process facilitates clarity of the direction and destination of where you are going and support your efforts of getting there. You will have plenty of opportunities of being coached in this system as well as learning the methodologies of how to help others experience their own transformation.