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Professional Development
Coach

What Motivates:

- Having a clear mission or purpose
- Clear goals
- Accountability
- Actions taken in alignment with values
- Being passionate about your actions
- Acting in service or contribution
- Being inspired
- Knowledge, understanding, or clarity
- Fun
- Making money
- Avoiding embarrassment
- Feeling successful
- Necessity - doing something because you must
- Fear
- Being appreciated
- A strong belief in Self.

Learn Your Motivators

*What do you know motivates you?
Use the above list to identify your personal
motivators as well as coming up with your
own.*

Traits of the Motivated

Once you are motivated, it takes qualities like determination, courage, intuition, focus, and energy along with a plan to put it all together. What would you like to be motivated to achieve?

Visualize Achievement

Irene's Mission Statement

My mission is to deliver exceptional coaching services to help my clients achieve extraordinary professional results.

Books Supporting Change

For summer reading consider the highly enjoyable, page turning mystery *The Da Vinci Code* by Dan Brown. Brown has taken poetic license in writing this work of fiction weaving murder with concepts like the sacred feminine, the history of Christianity, hidden meaningful symbols in paintings, and the quest for the Holy Grail.

This book is a very fun read that will leaving you wondering what, if anything, is true. For those who know something about these concepts and might want to criticize, just remember this is a murder mystery, not a documented work of non-fiction.

"The person who makes a success of living is the one who see his goal steadily and aims for it unswervingly."

Cecil B. DeMille

Personal Success Story

With my newsletter this month I am, with excitement, including a link to an article called *To Be or Not to Be...Coached: A Profile of Coach Irene Leonard* that was published in the Washington State Bar News. I am delighted and thrilled by the article and the exposure. I hope it leads to many more lawyers choosing to work with me. (You can also [download the article in PDF format.](#))

The publication reaches every lawyer licensed to practice law in the State of Washington. What incredible exposure – if they read it, of course. So would you please pass the article on to someone who you think would be motivated by the article to work with me to help them improve some aspect of their professional development?

<http://www.wsba.org/media/publications/barnews/2004/march-04-ochs.htm>

Your referrals are appreciated!