

Taking a practical approach to helping you with the obstacles and challenges facing you at work or at home...

along with large doses of empathy.

Minda Miloff

Certified Professional Coach
MA, Educational Technology



Coach Minda

COACHING FOR PROFESSIONALS AND BUSINESSPEOPLE

I coach people who want to improve themselves, at work and at home.

The heart of my work is helping you identify and address the obstacles holding you back, so you can move ahead with confidence.

The direct payoffs include improved job satisfaction, performance and productivity. The side benefits – clarity about priorities, self-confidence and a calmer mind – will definitely benefit your personal life as well.

Most clients see me for help with workplace and career challenges, to:

- Stop feeling overwhelmed and overloaded by conflicting demands.
- Develop insights and skills to deal with a tough job, an unhappy office environment or a difficult colleague.
- Assess a career change or prepare to nail a job interview.

Many clients also face inner obstacles, so I coach them to:

- Confront the demons of procrastination and perfectionism.
- Cope with the burden of self-doubt and feeling like an imposter.
- Unravel time management tangles and boost personal productivity.

Coaching will make you more effective, at work and at home:

- Overcome inaction and make better decisions.
- Adopt a healthier perspective about your current challenges, including making lifestyle changes.
- Formulate an action plan to achieve your goals.

~~PROBLEM~~
SOLUTION

I became a coach to provide the practical support so many people need.



MY ROLE AND YOU

I call myself a **life-work coach** because my focus is helping you gain fresh perspectives on workplace challenges, decisions and relationships – and all this ultimately improves the overall quality of your life.

This includes defining the choices, decisions and actions needed to make changes for the better.

BENEFIT FROM THE SUM TOTAL OF MY LIFE'S WORK

As a coach I wear many hats, serving as your sounding board, career guide, organizational wizard and accountability cop! All this reflects my career path and academic background:

- Training consultant for more than 20 years – I have a passion for helping people learn, shift and adapt to change.
- Project manager of continuing medical education programs for healthcare professionals for more than 10 years – my role was overseeing program development and implementation.
- Working in many fields – healthcare, telecommunications, transportation, aerospace, human rights, education – has given me insights into diverse organizational cultures and workplace challenges.

Convenient coaching sessions with Minda Miloff

- Daytime
- Evenings
- Weekends

Choose what's best for you

- Phone
- SKYPE
- In person, in Montreal

Contact me to discuss your situation and make an appointment.

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Visit my site and read how my coaching has helped so many different people:

- A physician learns strategies to create balance in her work and home life.
- A lawyer improves job performance and develops a long-term career plan.
- An artist takes on bite-size goals instead of a long to-do list.



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