

2008 - 09 Transitional Life Coaching

With



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It wasn't until recently that I became aware of the term "**Life Coaching**". Although the term and the activity have been around for a while, it just wasn't part of my daily vernacular. When I decided to do my homework on this subject and to seek out one of the best, I was introduced to Cita Maloon-Gibson.

Ms. Maloon-Gibson is a mother of two and a wife of and retired Lieutenant Colonel of US Army resides in central Florida - Viera area and has two Masters Degrees from Webster University, St. Louis Missouri. She runs MGAA and one of the services offered is **Transitional Life Coaching**.

Transitional Life Coach

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Due to the rather confidential nature of their business, Life Coaches may be your next door neighbor or your professor at college. Their client list is kept quiet for the obvious reason of maintaining the privacy of their often **"well to do"** customers.

During a recent interview with Ms. Cita (she is called), I learned a lot about this subject in a short period of time. She has informally provided Life Coaching for about 17 years. Over the past several years this activity has increased to meet the need of the changing workforce structure. Ms. Cita repositioned herself to provide services to human capital (initial job seekers and careerist) and those seeking to reposition themselves and transition to their destiny and calling.

Ms. Maloon-Gibson is person blessed with wisdom an abundance of intelligence. She has a gift of actively listening to the client. She has the proven knowledge, skills and credential for this worth profession.



In addition a professional skill that experienced Life Coaches hones is the ability to successfully complete their duties **"over the phone"**. Ms. Maloon-Gibson exemplifies this well.

This service provides a higher degree of engaging with clients 'hectic schedules' as well as an enhanced scheduling methodology for her coaching partners.

What Is Life Coaching?

Life coaches are equal partners who assist clients in reaching their goals. Coaches encourage clients to take the actions needed to achieve their goals.

Life coaching is not widely known because it is a private and confidential process.

What Can You Expect From Life Coaching?

- * Help In Identifying Your Strengths
- * Affirmation and Encouragement
- * To Complete Tasks That Support Specific Goals

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What Is the Role of a Life Coach?

- * Focus 100% on You
- * Offer Objective Observations
- * Emphatic Listening
- * Assist You In achieving Your Pre-determined Goals
- * Accelerate The Rate Of Progress In Reaching Goals
- * Expose and introduce New Possibilities

What Is the Role of the Client?

- * Determine Goals to be Achieved
- * Maintains Control Over Results
- * To be Assertive in talking with the coach about anything at anytime

How Are Services Delivered?

- * Face-to-Face Sessions
- * Teleconferences
- * E-Mail Support
- * Reminder/Maintenance Program

The fees for this unique type of personal help can vary among practitioners. Ms. Maloon-Gibson charges \$99 per hour for her services which is well within the mid range of such competitive services. The hour can be divided into two 30 minute sessions.

First Initial consultation of 30 minutes is free!

Ms. Maloon-Gibson is excellent and comes highly recommended.

For additional information please contact us at www.citagibson.com. Please use the contact form and provide her with your contact information and what service you are seeking. Visit her website at www.citagibson.com.