



## DO YOU HAVE A LEAK?



### ARE YOU WORKING HARDER AND LONGER THESE DAYS AND STILL FINDING IT DIFFICULT TO DO EVERYTHING YOU NEED TO DO?

If your answer is YES, you may have an energy leak somewhere in your 'system'. *What is an energy leak?* An energy leak is something you are putting up with that is draining energy and taking focus from you. This could be something in your physical environment (messy office, slow computer), work environment (too many hours), your relationships (communication standards), or even your relationship to money (not enough!). All of these types of things can take energy from us and distract us from our purpose, in any given moment.

#### How can life coaching help you fix the energy leaks?

- ✍ Coaching can help identify the energy leaks most impacting to your life.
- ✍ Coaching can uncover the steps to take to fix the leaks.
- ✍ Coaching can clarify and set goals to use the 'newly' recovered energy that align with your purpose and passion.

**For more information or to set-up a 30-minute complimentary coaching session, contact You Improved, Inc. at 1-888-246-2008 or [Darryln@youimproved.com](mailto:Darryln@youimproved.com).**

#### **About You Improved**

*You Improved* Life Coaching is a public speaking, training and coaching organization whose mission is to support individuals and organizations in their development over their life span. Darryln Tarantino, founder of *You Improved* is a Professional Life Coach and Certified Personality Awareness Trainer with over 10 years of diverse work and educational experiences including personality assessment training, lay counseling, business management, multi-culturalism, and negotiation training. Many are motivated by Darryln's natural enthusiasm and unsinkable optimism through challenging situations. Darryln has helped people of all ages and backgrounds identify the life they want to live and uncover strategies for leveraging current opportunities. Darryln partners with her clients to help them overcome challenges to bring their ideal life to fruition.

*"Darryln is wise, insightful and a good coach. Why do I invite her into my personal situations? She is kind and believes the best about my intentions and failures. She puts the past behind us both and looks to the future expecting that new insight and new skills will carry me into the life that I have always dreamed about. Her support is invaluable and truly a gift. She seldom runs out of hope which allows me to face the future with high expectations, goals in place and a general expectation that all will be well." K.S.*