

## Why hire a Life Coach?

Life Coaching is about having intentional, purposeful and powerful conversations that are focused on you moving forward in life. By working with Scott as your Life Coach you can:

- Gain confidence and motivation
- Discover what matters the most to you
- Find more joy, happiness, and purpose
- Know that your coach is in your corner
- Get results and live in your sweet spot
- Create an abundance mindset



# Abundance Coaching

## Why hire a Business Coach?

Numerous studies have shown that coaching can help put your business back on track and show huge ROI. Business Coaches can work one-on-one with Entrepreneurs, Business Owners, CEOs, Managers and employees to help them prosper in their business and personal life. Some of the topics discussed will be balance, goals, actions, values and principles. By working with Scott as your Business Coach, your workplace can:

- Improve leadership and vision
- Have stronger values and principles
- Boost morale and communication
- Experience more profits and productivity
- Know your and your team's core values
- Benefit from knowledge of your team's Life Languages



You can get unstuck!

You can find more direction and purpose!

You can build a new blueprint that will help you achieve your greatest dreams!

You can benefit from a coaching relationship where the focus is on you moving forward!

You can live abundantly and I believe I can help!

**Call or go online to schedule a complimentary coaching session!**

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Abundance Coaching  
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**Scott Epp C.P.C.**  
Certified Professional Coach

- Life Coaching
- Business Coaching
- Speaking and Workshops

## We Coach People to Live Abundantly!

Our Mission is to help you understand what is truly important to you so that you can reach personal breakthroughs, helping you once again become passionate about your life and stop feeling stuck with where your life is headed. We will support, encourage, and keep you accountable as you take action to see your goals and dreams become reality.



## Our Core Values are PEOPLE:

- P**assion
- E**ncouragement
- O**ptimism
- P**ositivity
- L**eadership
- E**mpowerment



We help you  
find out what your Core Values are!

Go to: [www.abundancecoaching.ca](http://www.abundancecoaching.ca)  
to play *The Abundance Coaching Values Game!*  
find out what you value the most!

### What are some of the benefits of coaching?

*Coaching is an investment in yourself, designed to help you discover what matters the most to you, and help you on a path towards achieving your goals. Coaches help give you an outside viewpoint that allow you to see how others see you and the grand possibilities in your future. Everyone can benefit from a life coach, whether you are currently suffering through life's struggles or simply know that you are meant for more in life. Your coach provides you with self-assurance, support, certainty, confidence, encouragement, motivation, and inspiration depending on your needs and situation.*

### Is coaching right for me?

*Coaching can be great for someone who has accepted their past and is ready to build strategies and take action to achieve their goals. You can call or go online to book a free coaching session to see if coaching is right for you!*

### How do you perform your session?

*I offer face-to face, phone, and Skype sessions.*

### Is the first coaching session free?

*Absolutely! I feel it's very important to offer a free initial session to make sure both the client and I feel the coaching relationship will be a good fit.*

### Do you offer coaching packages?

*Each client has different needs so I have several personal and business coaching packages to choose from on our website.*

### Can you speak at my event or business?

*Definitely! I speak at events and offer workshops on a request basis.*

Scott Epp, Certified Professional Coach (C.P.C.) and owner of Abundance Coaching believes that each of us can live abundantly. Scott is a graduate of the Certified Professional Coach Program with The International Coach Academy. He is a long time Toastmaster and speaker. He is certified with Global Priorities as a Values and Principles Trainer. Scott is passionate about helping people to create an abundance mindset and strong values.

*"My goal with coaching with Scott was to find some purpose and direction in my life. To gain a better understanding of my core values and what I stand for and to figure out where I had lost myself along the way. Also to be able to look to a future career change and find out what that may be. Pretty much all of these goals have been achieved. Scott's demeanor and positive, compassionate attitude are paramount in our sessions. He provides a transparency that allows you to open up to him and know that everything is in love and trust. Also you know that he wants what is best for you, and therefore his questioning digs in so that you can't just give a superficial answer, but rather more probing into your inner being."*

- Monty

*"What I most appreciate about Scott's style of coaching is the great energy that he brings to every session and the powerful ways he acknowledges me. These qualities were especially important for me in that we were working on some self-doubt that I was carrying around. Not only did he ask thought provoking questions, but he also had a great way of letting me know that it was alright to feel that way, and then went on to build me up with acknowledgements of the things I had done well throughout the process."*

- Kim