

If I had to describe Lola Freeland's Dragon Spirit Coaching with one word, it would have to be wow. That goes for her enthusiasm, her optimism, her confidence, and for the results she envisions for her clients as she helps them with their lives. "It's about not waiting until you reach the goal to have that moment of joy," she explained. "It's about living the journey; getting there. It's so exciting."

So just what is this thing called Dragon Spirit Coaching? For Lola, it's what she's passionate about; it's her calling. And, for her fortunate clients of all ages, it also is her line of business. Coaching isn't just for stars of the basketball or tennis courts. We all need a bit of help when we enter adulthood. Isn't it usually the case that as we get older most of us settle for the ho-hum drudgery of everyday life?

Lola's goal is to help you reclaim the vibrancy of your life; the child within. Fortunately, if you know the area in your life that needs bolstering, whether that's through encouragement, support or some friendly motivation, you probably can benefit from Lola's experience and insight.

However, if you only have a sense that something isn't working as well as it could in your life, but you aren't 100 percent sure what that is, Lola can help you to discover the issue(s) and then assist you in your quest for self-empowerment. "I really wanted to help people, in terms of being in service to people, as opposed to help...like fixing them," she said. "You're not really fixing people when you're working with them in a coaching business; you're actually working to be of service to what they need."

And what might these needs include? Lola said that she can help in so many areas of your life, including getting your finances in line with your dreams and goals. She can give you a hand with your start-up business, help you to find your direction in life, and assist you with advancing your career. She also assists you with health and energy issues, and helps you find solutions to your everyday problems, personal growth goals, and grief and emotional abuse issues.

Lola uses a technique called Dancing in the Moment. As she explained, "Whatever happens to the client in that moment is what we are dealing with, because that's what's most important to that client." In addition to the Dancing in the Moment philosophy, Lola brings to the table a wide array of practical experiences, achievements, skills and education. She's a trained professional co-active coach through The Coaches Training Institute, she has Outdoor Leadership Training for Wilderness Survival, and she's a trained victim

advocate.

Furthermore, she received her bachelor's of Journalism in public relations from The University of Texas at Austin.

Lately, she said, she has been dealing with a lot of clients who are athletes, as well as others who are dealing with health challenges, such as fatigue issues or people who are overwhelmed in their lives.

What most people refer to as problems, Lola consistently uses the term challenges. Lola, it seems, can put even the most negative situations into a positive context. "Coaching is a powerful tool that helps you to discover your personal obstacles and moves you towards what you want," her Website says. "You learn how to move forward despite those obstacles. One reason it is so powerful is because of what it does for you on a deep, personal level. It can help you move light years ahead of where you are now, regardless of whether that means moving towards something new or moving past something old. It's not always about goals."

For example, not only has Lola worked with unemployed people and has helped them find their direction in life, she also has worked with people who just need some help sifting through all of the wonderful choices that they may have in front of them. Sometimes results happen in a matter of moments.

"The impact can be like a thunderbolt," she said. "I liken it to watching a black-and-white film. All of a sudden it turns into color, and it's full of passion and aliveness and richness. I'm always in awe of it, because I feel like I'm this guide and I'm witnessing it." Sometimes the process occurs over time, she said, with insights rising to the surface between sessions, which may act as a catalyst to change.

Dragon Spirit Coaching's motto is Reignite Your Passion For Life, which seems appropriate, since we all start out life with a sense of wonder at everything. However, as we get older that seems to diminish. Couldn't we all use some support in reframing our experiences so that we can get back the excitement and purpose in our lives? As Lola said, "It's about living the journey; getting there. It's so exciting!"

So how do you "get there?" Each month, Lola provides three coaching sessions, unlimited e-mails, phone calls and materials. Why not give it a try? After all, she does offer a free initial consultation. What do you have to lose?

To find out more about her services, call her at (303) 678-5322, fax her at (303) 678-0385 or send an e-mail to iola@dragonspiritcoaching.com. For more information, go to her Web site at www.dragonspiritcoaching.com. **WE**

DRAGON SPIRIT COACHING

By Linda Sladek



Lola Freeland, Coach