



COACH KENO YOUR LIFE COACH & MENTOR.

LIFE COACHING BENEFITS

ABOUT ME

I have dedicated my professional life to helping others make the most out of their lives. I take pride in my passion for sharing strategies of success that have helped so many young adults and teens move their lives, in a positive and productive direction.

My life has been blessed with many achievements that were a direct result of my focus, determination, drive, and passion for helping others. For over 10 years I have been a leader and innovator, working to cultivate youth leadership and professional development.

I SPECIALIZE IN COACHING A WIDE ARRAY OF CLIENTS

■ College/Young Adults 20 - 30

As your coach, I will help you to discover your personal goals and live the life that you desire.

■ High School 15 - 19

We will work together to set realistic milestones that lead us to achieve all our long term goals.

■ Middle School 12 - 14

I will work with Teens and Parents to help middle school-aged children utilize their unique talents to help them acknowledge their dreams, goals, and path to personal life success.

■ Single Mothers

Together with you, I will help design a personalized plan to make sure your son or daughter has the tools to face life's daily challenges and setbacks.

■ Financial Literacy

My financial training will help teach you the foundational to building sustainable wealth and protect yourself using the rules of economic self-defense.

■ Public Speaking

I will share with you insider knowledge on how to project ultimate confidence and intelligence when public speaking.



Conquer Your Fears

No guts, no glory. On your journey to becoming a more well-rounded individual, you need as much strength, true grit and determination as possible. Having fears or inhibitions will stand in your way of success.



Accountability

It is no secret that we perform at a higher level when someone is holding you accountable. This is the same reason why athletes perform better with good competition and coaching. By tapping into this natural occurrence, your life coach will help you remain accountable for your actions and create goals that you are motivated to reach.



Personal Development

Looking at yourself objectively can be challenging and hard, yet very rewarding. Often times the hardest thing to do is bettering ourselves. For this reason, you need a qualified life coach that will help you meet your personal goals.



Unbiased Input

Our friends and family members are supposed to be the foundation of our support system. However, sometimes getting an unbiased opinion from someone removed from your group can put things into perspective. I will speak to you as a neutral third party who can evaluate your performance objectively.



My goal is to help you reach your true potential. Together, we will develop life strategies that allow you to see the endgame with complete clarity.

Issues I Can Assist with:

- ✓ Career Counseling
- ✓ College Planning
- ✓ Money Management
- ✓ Goal Development