

## Life Coaching



# Life Expansion - Purpose Driven Coaching

TRANSFORMING LIVES TO A NEW EXPERIENCE OF FREEDOM, LOVE AND  
AUTHENTIC SUCCESS.

Windsor Lindor | Life Coach, Executive Coach | May 5, 2015

Life Expansion is **not** a religious movement. It is **not** a new age movement.  
Life Expansion is a proven art that works.

## Table of Contents

What is Life Coaching? .....	2
Why Windsor Lindor? .....	4
Life Expansion – Purpose Driven Coaching.....	7
Is Life Expansion – Purpose Driven Coaching the answer? .....	9
Why not you?.....	10

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## What is Life Coaching?

Life Coaching is a form of consulting. But the coach stays with the client to help implement the new skills, changes and goals to make sure they really happen. Life Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. It can help you establish more fulfillments in your life, and get a better handle on your fears. Coaching is a professional partnership between a qualified coach and an individual or a team that supports the achievement of extraordinary results, based on goals set by the individual or team. Through the process of coaching, individuals focus on the skills and actions needed to successfully produce their personally relevant results.



Life Coaching is forward moving and future focused. It helps you be the best you can be. Pioneering companies understand that coaching can help career-minded professionals increase their performance at work. They invest in coaching for their senior leaders and high potentials. Life Coaching begins with a discovery session that assesses needs, defines the scope of the relationship and sets priorities for actions. With your Life Coach ([Windsor Lindor](#)), you will work to design the services to be provided by [the coach](#) to you (the client).

The task of developing the characteristics of becoming the best you can be is formidable and the work will include:

1. Value clarification, and Brainstorming.
2. Identifying plans of action, and Making empowering requests.
3. Examining modes of operating in life, asking clarifying questions.
4. Celebrating the richness of life.
5. Creating what you do from who you are.
6. Bringing your words and actions into alignment with your desires.
7. Living the gleeful terror of change, and Aligning your identity, purpose, and beliefs.

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Below are some key words to describe the Life Coaching experience:

- |                     |                  |                        |
|---------------------|------------------|------------------------|
| ✚ Purposeful Action | ✚ Driven         | ✚ Goal Driven          |
| ✚ Positive Change   | ✚ Focused        | ✚ Individual-initiated |
| ✚ Growth Oriented   | ✚ Forward Moving | ✚ Proactive            |
| ✚ Customized        | ✚ Future Focused | ✚ Real Time            |
|                     |                  | ✚ Real Life.           |

Most people believe that "hard work and doing it on your own" are the keys to finding the life, success, money, or happiness that they seek. They believe that a price must be paid to attain what they want, and often that price is poor health, not having enough time to enjoy life, strained family relationships or lessened productivity.

The saddest part is that, even though this effort may result in more of something, it is often not the something you had in mind, and you are back where you started, or worse, further from your real intentions. Athletes and performers know about this trap. They know they need someone else, a trained someone else to help them set goals, discover real needs, and work effectively toward ultimate goals of excellence. So, they are willing to hire a coach or a teacher. No serious athlete or musician would expect to progress very far without one. A personal coach does just what an athletic coach or music teacher does, only in a more complete and bigger way.

- ✚ A personal coach challenges you and takes the time to find out what winning in life means to you.
- ✚ A personal coach is your partner in living the life you know you can accomplish, personally and professionally.
- ✚ A personal coach is someone to hold you accountable for your life, to make sure you really do live up to your potential.
- ✚ A personal coach helps you strengthen your success.

How much is that worth to you? Your life matters. Time to make the investment yourself. It will pay off in clarity, happiness and increased success. Think of coaching as an investment, not an expense. If you want to improve your career satisfaction and opportunities in this life, let a coach lead the way.

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## Why Windsor Lindor?



Mr. Windsor received his Life Coach training at Coaches' Training Institute (CTI), a premiere International Coaching Federation (ICF) certified coaching program. He also received his certification in Effective Consultant at Leadership Strategies Institute. For more than 15 years, Mr. Lindor enabled people from all walks of life to discover work that they love, to start and join communities that share a common purpose and passion, and to become catalysts for higher potential. Windsor's fields of expertise are in Executive Coaching, Life Coaching, Leadership and Project Management. Through his work and experience in

people life development, relationships, organizational development and behavioral change.

Mr. Lindor approaches his creative partnership with clients from the standpoint of "What do you want?" and "I am here to assist you." Curiosity and discovery are the seeds of his interest in the partnership process of working one-on-one.

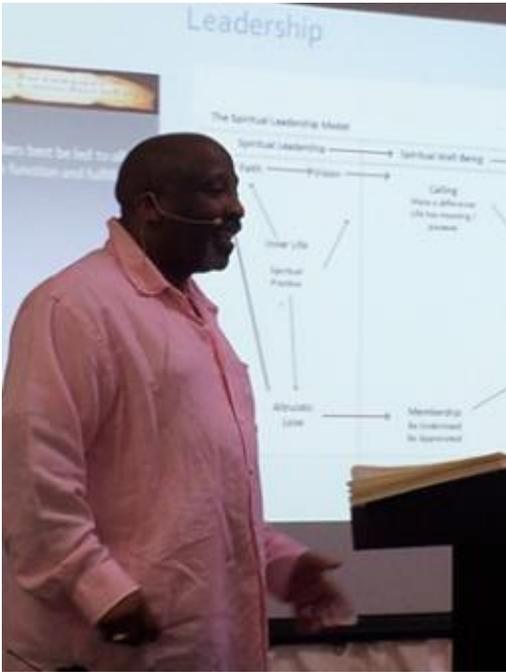
Windsor Lindor works with executives, corporations and non-profit organizations to design and implement customized leadership training to foster a working environment through win-win agreements and building relationships primarily on trust instead of authority.

Mr. Lindor gets a particular reward from seeing his coaching clients' potential unfold before his eyes in coaching. The theoretical underpinning of the school of coaching that Windsor Lindor is most familiar with is that, 'we view clients as naturally creative, resourceful and whole.' Windsor Lindor will capitalize on the client's strengths, rather than trying to obliterate weaknesses.

Windsor is in business, yet he recognizes helping others is a way to show his gratitude. Mr. Lindor has dedicated his life to understanding life's codes and helping others activate their highest calling.

Mr. Lindor is passionate about providing the resources, expertise and coaching to assist people in transforming their mind, body, business and relationships.

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As a Life Coach, Windsor helps his clients to access the inner perfect source and the authentic Self within them. Windsor is committed is to guide his clients toward their desired goals quickly and easily and he is dedicated to saving them the stress of trying to doing it alone. Mr. Lindor relies on the rocks of 'emotional intelligence', commitment and excellence. His emphasis is on helping his clients to:

- ✚ Develop more fulfilling relationships and pinpoint where they are on the road toward being fulfilled and successful.
- ✚ Isolate the beliefs that hold them back and rid themselves of the negativity that restricts their lives.

✚ Overcome the roadblocks that have detoured them from deeper relationships and stunted their personal growth.

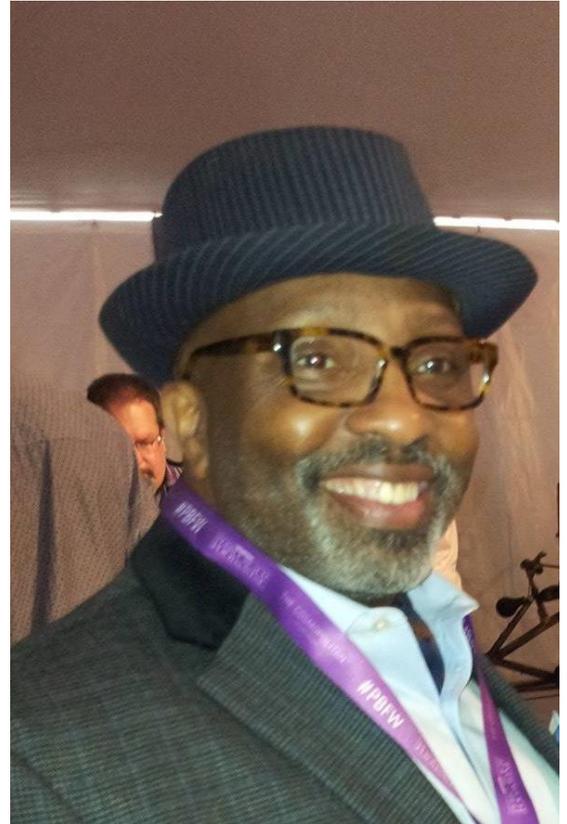
Windsor also believes an ongoing, nurturing and developing relationship works best for the client and coach and encourage all clients to see him regularly. Windsor offers three to four sessions per month. Mr. Lindor works with up to five special clients who need the coach's services yet cannot pay full fare. Windsor is in business, yet he recognizes helping others is a way to show his gratitude. Windsor Lindor has dedicated his life to understanding life's codes and helping others activate their highest calling. He is also a creative leader and entrepreneur passionate about providing the resources, expertise and coaching to assist people in transforming their body, business and relationships. Mr. Lindor client's needs come first. Windsor does not keep clients he cannot do a great job for. His services are paid services and he walks his talk. He maintains high scores (over 90th percentile) on related programs. He asks his clients to grow as he does:

- ✚ He lives a balanced life. He is a model for his clients.
- ✚ He lives a great life, He is completely confidential.
- ✚ He does not talk about his clients to anyone. He protect everything his clients tell him.
- ✚ He has a national and an international practice.

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Windsor will empower you with trust by holding you responsible for following through on what you say you want. Mr. Lindor will make every session all about you. Windsor communicates clearly and knows to step back and let you find your own answers after suggesting paths to explore and by:

- ✚ Creating a safe environment in which you see yourself more clearly.
- ✚ Identifying gaps between where you are and where you need or want to be.
- ✚ Asking for more intentional thought, action and behavior changes than you would have asked of yourself.
- ✚ Guiding the building of the structure, accountability, and support necessary to ensure sustained commitment.
- ✚ Helping you engage in a continuous daily process of self-measurement, self-evaluation and self-improvement; so you can produce better results right now.



When it comes to building your personal brand and/or excavating your authentic 'Self', Windsor can help you identify habits that are impeding your success as well as sidestep the obstacles that seem to get in the way of what you want. As a resource, Windsor will be a powerful resource who can help you get out of your own way, stand out, and take action to achieve the things that are truly matter to you. Windsor does this through heart-centered personal engagement, a strengths-based, future-oriented process, in concert with the new therapeutic model of Acceptance and Commitment Therapy (ACT), the client's values, and the Life Expansion code of values.

**Why wait? - Even if things are going well in your life wouldn't you like them going great!**

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## Life Expansion – Purpose Driven Coaching



**Excellence**  
in action  
Windsor Lindor Consulting, LLC.

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It is an understanding that does not allow fear and rationalization to cloud the mind. It is also an appreciation that life was never meant to be a struggle. Life was meant to unfold and

from its source in absolute awareness, The Catalyst to an Amazing Life.

Through this art (Life Expansion), Windsor's work is based on the Co-Active Model (Fulfillment, Balance and Process), a strengths-based, future-oriented process, in concert with the new therapeutic model of Acceptance and Commitment Therapy (ACT), your values, and the authentic code of values:

- ✚ Accountability, Authenticity, Ownership, Integrity, Transparency, Safety, Commitment, Communication, Excellence, Consistency, Balance, Respect, and the Spirit of Generosity.

Through heart-centered personal engagement and the authentic code of values, the coaching clients are ready to do the work and make life as profound as they can. They find courage to Change from the heart in re-building a structure that honors joy, abundance, cooperation, perfect health, peace, love and freedom. They create for themselves the ability to choose consciously among the forces within them, to choose where and how they will focus their energy. Through responsible choice, they choose consciously to cultivate and nourish the needs of their soul by living the life they want.

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Windsor kept the same standard in mind when building his Life Coaching services (**Purpose Driven Coaching**) and **seminars/workshops** through Life Expansion. Through the work of Life Expansion, the clients will discover excellence in action and courage to Change from the heart in re-building a structure that honors, Joy, Abundance, Cooperation, Perfect Health, Peace, Love and Freedom. Windsor Lindor wants to empower individuals and gives answers that are lasting enough so that when crisis descends and a challenge must be faced, solid solutions are at hand. Mr. Lindor calls these solutions, **Life Expansion Solutions or LES**. The **work** inspires people:

- ✚ To devote themselves to creating something that gives them purpose and meaning.
- ✚ To take bold action! Action that propels them down the path to doing the work that needs to be done in order to transform themselves for success and live up to the true promise of their lives.
- ✚ To re-build a structure that honors moving their purpose forward.
- ✚ To be empowered and in complete control of all aspects of their lives.
- ✚ To honor themselves by acknowledging their attitude through positive actions.
- ✚ To raise their awareness to a Higher Level that would bring new dimensions of Love and Success into their lives.

LES will also enable you to truly live your purpose in life, and then help you to align everything around that singular calling:

- ✚ From your Personal Growth (Spirituality) to your Relationships
- ✚ From your Finances to your Business/Career
- ✚ From Fun and Recreation to Family and Friends
- ✚ From Romance to Health.
- ✚ From Ending the Cycle of Stress to Reducing Worry in your Life.

**Life Expansion Solutions** (LES) deliver a diversity of coaching services, workshops and seminars. The unique process of LES will help you awaken to your own unique sense of purpose and translate it into powerful, inspired action.

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## Is Life Expansion – Purpose Driven Coaching the answer?

The world is a much different place than it used to be and now more than ever it has become important for you to raise your awareness to a higher level that will genuinely bring new dimensions of fulfillment and success into your life! Think about it!

- ✚ Have you decided or know what you want to do with your life?
- ✚ What is your purpose? How do you want to live your life?
- ✚ Who do you want to live it with?
- ✚ Where do you want to live it? How do you want to spend your time?
- ✚ What are your natural talents and gifts?

No idea? That's OK! Because this is actually what Windsor will help you to figure out and he will also help you:

- ✚ Get clear about your goals. Windsor will help you determine what's really important to you and help you stay focused on that.
- ✚ Identify blind spots. Windsor will help you figure out what you don't know, and he clues you in to things you may not be able to see. Windsor will be honest with you because he is not vested in any specific outcome.
- ✚ Be accountable. Windsor will keep you on track and moving forward toward new levels of achievement.
- ✚ Focus your development efforts. Windsor help you know the difference between weaknesses you need to fix and those that are best left as they are. This can help you invest time and energy only in the most fruitful opportunities.
- ✚ Gain a competitive advantage. Windsor will help you get from point A to B faster than you could on your own, helping you differentiate yourself from the pack and advance your career at a quicker clip.
- ✚ Acquire leadership skills. Windsor will model skills that are valuable for you as a leader. After you work with Windsor for a while, you can start to adopt those powerful questioning techniques, which helps you become a better listener.
- ✚ Feel happier. Because Windsor will help you identify and align your values, create a focus, cut through clutter, and clear tolerations, Windsor will help you increase your true fulfillment.

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Mr. Lindor can actually help you to construct and pave the way towards:



Life Expansion  
Making Your Life Matter!  
**SUCCESS WITH**  
Windsor Lindor, Life Coach

[WindsorLindorConsultingLLC](http://WindsorLindorConsultingLLC)

- ✚ Creating Create a tangible [written plan](#) with SMART goals, pointing you forward in each major area of your life.
- ✚ [Freeing](#) your mind from the personal imprisonment of your bad habits
- ✚ [Creating Fulfilling Relationships](#).
- ✚ Creating a life that binds Love and fulfillment into one powerful force.
- ✚ Creating Balance and [Becoming Stress Resilient](#).

Life Expansion – Purpose Driven Coaching is designed to catapult you into both higher achievement and deeper connection and fulfillment. It is a stunning collaboration that will move you as a coaching client to create and step into the infinite possibilities of your life. Life

Expansion – Purpose Driven Coaching is also designed to help you maintain the focus and commit to what's important to you and live a life of abundance and accomplishment. It also offers the change principles and tools for transforming your 'self' for success.

### WHY NOT YOU?

The takeaway from this book is hopefully that you will begin understand how effective and life altering it can be to hire Windsor as your personal Life Coach. Without this kind of outside motivation and assistance you may never reach the levels of success in life that deep down you know you are worth. 99% of the successful people in the world have a coach or mentor to help them get the most out of life.

## So, why not you?

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Windsor Lindor is a model for his clients. He lives a great life! He is completely confidential. He does not talk about his clients to anyone. He protect everything his clients tell him. Mr. Lindor is not a therapist, parent, or caretaker. He refers clients to the best available professionals for their psychological, health and financial concerns. He helps clients reach goals.

Windsor believes that you do want someone who 'gets' you:

- ✚ Your dreams,
- ✚ Your values,
- ✚ Your beliefs,
- ✚ Your fears, someone who can meet you right where you are and accompany you step by step on the journey to where you want to be.

Mr. Lindor also believes what better serves his clients in their pursuit of happiness and peace of mind, is first identifying their issues and then giving them direct, concrete advice that they can act on as well principles that they can apply in their everyday life.

Mr. Lindor works only with clients who can utilize his services. However, Mr. Lindor emphasis is on:

- ✚ Helping you deal with a difficult past, develop more fulfilling relationships and pinpoint where you are on the road toward being fulfilled and successful.
- ✚ Providing you the tools to STRETCH your ability to keep exploring and be willing to restore balance and vitality in your life.
- ✚ Finding balance in your life relationships, perspectives and obligations.
- ✚ Helping you to overcome the roadblocks that have detoured you from deeper relationships and stunted your personal growth.
- ✚ Providing you the tools to set goals that are Specific, Measurable, Accountable, Realistic and Tangible.

With Windsor Lindor, you will experience fresh perspectives on personal challenges and opportunities, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence in carrying out your chosen work and life roles. Consistent with a commitment to enhancing your personal effectiveness, you can also expect to see appreciable results in the areas of productivity, personal satisfaction with life and work, and the achievement of personally relevant goals.

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While the motivations to hire Windsor as a personal life coach or an executive coach are varied and unique to each coaching client, some of your reasons may include:

- ✦ Uncovering your true passions and defining with clarity the results you are committed to achieving.
- ✦ Identifying the things that keep you from achieving the results you desire and deserve and then work with you to create a game plan for achieving success in the workplace or in your personal life.
- ✦ Building on your values, and hone your leadership capabilities.
- ✦ Navigating one of life's transitions following a loss – of a parent, a child, a marriage, a job or other form of emptiness.
- ✦ Identifying and understanding how to take care of self in each major aspect of life (e.g., Business / Career, Finances, Health, Family & Friends, Romance, Personal Growth, Physical Environment, Fun & Recreation).
- ✦ Understanding self-defeating behaviors.
- ✦ Improving one's relationship with God, self, family, and friends.
- ✦ Difficulty juggling life's daily stresses that challenge quality of life.
- ✦ Moving beyond a co-dependent relationship with a spouse or partner who is struggling with un-healthy life style.
- ✦ Gaining perspective on Personal Freedom.

Many clients work with Windsor on Skype, the telephone—from next door, across the state, and around the country. Generally, clients call him at 831.324.4653.

Mr. Lindor is available. He recognizes the importance of the relationship he has with his clients and strive to keep himself emotionally, physically, mentally, and spiritually available, so he can assist his clients fully. Windsor, as your partner or personal Life Coach will help you to achieve extraordinary results.

**Call 831.324.4653 for your one-hour free consultation!**

Sign Up <[Here](#)> Dive Into Your Life Now On Purpose.

The Road to Achieve the Success you desire.

[A Whole New Lease on Life.](#)