

Much of my life, throughout my childhood, things just didn't make sense. I would hear adults talking, watch their behavior and notice the inconsistencies in their words and their actions. I would question this, and get in trouble. They called it "a problem with me" because I couldn't sit still in class, because I wouldn't listen to their what seemed to me absurd instructions. Today we know there are places for children with high intelligence, they don't fit in the normal classroom-it's just too boring!

So, I got into trouble; at school, in the community, I mean, a lot of trouble. I was arrested many times and at the age of 12 was placed on court supervision. At the age of 14 I was adjudicated a delinquent and spend 9 months in a group home, at age 15 I spent 5 months in the Department of Corrections: St. Charles Juvenile Division and at age 16 spent 7 months in Riversedge Psychiatric Hospital. I didn't know it then, but all of that time spent in institutions was like preparatory training for my exceptional abilities as a coach. On a daily basis I was in 'group and individual therapy', where I was asked to look at and change myself; and where I looked at others, discussed their thoughts and feelings and learned how to 'change people'.

At 16, the hospital was a last resort. The courts wanted to try me as an adult and send me to prison. I saw myself as living my life in prison.

Now, please excuse my language, but this is an important point:

When I entered the hospital, a genius psychiatrist named Marvin Schwartz asked me an important question, he said: 'You have a choice young man: you can stay here and participate, or you can go to jail where large black men are going to fuck you in the ass, what would you like to do?'... well I stayed, and learned. I want to say, I was SO impressed with this dr.; as a practicing psychiatrist, head of the department, he was in school completing is JD... very cool...

After my 7 month hospitalization, then 17 years old I stood in front of judge Conrad Floeter. Conrad said: "Jim" (you see, we were on a first name basis): "Jim, you have 3 choices: you can get a job, join the military or go to prison. You have no marketable skills, so that narrows your choices to 2". Well, I chose the military and 12 days after my 17th birthday I joined the Marine Corps.

I was soon in boot camp; 11 weeks of intense Marine Corps training... and I noticed something. There I was, getting yelled at by drill instructors, completing training and doing well (I was promoted directly out of boot camp)... while I looked around, I saw men: 20 years old, 24, 26 years old crying, whining: "I can't make it!!!!".... and I thought to myself: "didn't they know what to expect?"

What I learned then, although not consciously is: no matter where you are, no matter what your doing, if your attitude and perspective are in a good place, good things happen ☺

I have provided a bit of a chronology of my education and learning from the time I was honorable discharged from the Marine Corps until now. I want you to know, I LOVE Learning and I have spent my entire life, including my adolescents training and learning on how to help people to change their lives.

As you look that over, I'll share, as you might expect, I was not a "normal" student. I was and am the kind of student that when I would get the 'required and recommended reading lists', I would buy them all. I would read the recommended readings, soak up the information and then, because I was working as an addictions counselor and family therapist, I then applied my learning, learned what worked and what didn't, and continued my learning.... It was and is an obsession for me.

Today I speak to groups, I write, I am an avid reader and a life coach. I have included in front of you what is referred as a 'white sheet' that speakers use to introduce their topics. I am more comfortable coaching or standing in front of a group of people speaking and training than I am at a dinner party or in a social context. Yes, a bit abnormal but it is how I am and I love it.

I have had my own life coach (totaling 3 so far) since I started coaching in 2003. Every month, 2 or 3 times a month I have been on the phone with a personal life coach, applying these principles to my life everyday.

I am a certified coach and soon will be receiving my MCC, master coach certification from the international coach federation, a designation shared by very few coaches around the world.

My reason for sharing this information with you today is to let you know who I am. I love, really love helping people to make changes in their life. I know suffering, I know pain, AND I am exceptional in my ability in helping others make changes in their lives AND I'm getting better every day

When you refer me to your family and friends, when you ask for my help, you are not just referring someone who has a job as a life coach; you are referring someone, me, who lives and breathes personal change. You can expect results, you can expect great love for the people you refer me and as Jerry says: I'll make you a hero.

Now I'll talk just a bit about what you can expect when you refer someone to me:

1st: I talk with them, find out what they are wanting, what they want to change and I set up an initial consultation

2nd: As a result of this first conversation, I send them some questions via email. They answer these questions, send me their answers and we use this information as the topic of the free sample coaching.

3rd: During the call I let them know that there are several purposes to the call; 1-to introduce them to coaching in general; 2-to let them know what I do as a coach and let them experience "me" for themselves and 3- to find out if there is a fit and perhaps begin a coaching relationship.

4th: If they don't hire me, I never pressure them. I ask them if I can follow up during a certain time period. If they say yes, I do, if they say no, I do not. If they do hire me:

- We celebrate! I get payment and schedule our first 3 calls.
- I then send them a packet of information and questions that they are to complete before our first session, they send it back, and we begin to design how the coaching will best fit their needs.
- As we continue coaching, we decide how often we speak; most often it is twice a month, sometimes 3x; sometimes 4x.
- I do 99% of my work by phone, in the comfort of my home, and wherever the clients wants to make their call from.

- I work with clients for an average of 9-12 months; with some we end after 3 months; with some I have continued for many years, it's all in the design and redesign of the client getting what they want and need from me and the coaching relationship.

I love people, I love helping them to live their great life. I'm not just a coach, I live and breath personal change, I live and breath coaching. It's not jut a job, it is my life... and...it is my clients life, that which I take with utmost care, love and duty.

Refer your family, friends and yourselves to me... love your life even more...make a difference in your family, in your business. I'm not just changing lives, I and coaches like me are changing the world, and I love my work.