



## Lite Up Your Work and Life: 6 Essentials to Expressing Your Full Potential

By Helen Roditis

Morgan James Publishing. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 8.4in. x 5.5in. x 0.4in. ARE YOU YEARNING TO EXPRESS YOUR FULL POTENTIAL DISCOVER HOW WITH THESE 6 ESSENTIALS. Helen Roditis has experienced what many employees and business owners experience daily: pressure to keep it together while striving to thrive. To revitalize her life and the lives of others, she became a holistic leadership coach. After coaching hundreds of clients, she noticed that many are hungry for growth, meaning, and balance, and a work environment that supports their development. No matter what issues her clients brought to coaching, their deeper yearning to live out their full potential was the same. In response to this need, Helen developed an integrated coaching model to help her clients identify and live out their full potential in work and life. LITE Up Your Work and Life offers this same holistic coaching model to you. Whether you're contemplating a new career, experiencing a major transition, or simply longing for more fulfillment, these 6 essentials will help you discover your core purpose, integrate your work and life with vibrant synergy, and find peace in the fulfillment that comes from living out your full potential. INSIDE YOU WILL...



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