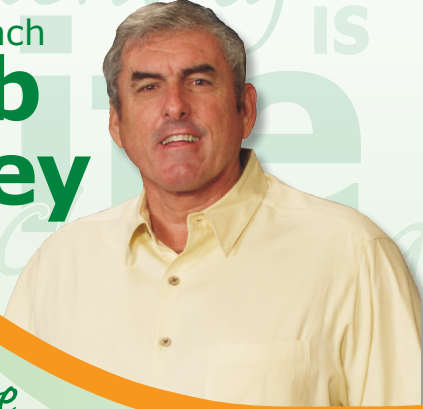


Life Coach  
**Bob Riley**



*I have dedicated my life to helping people just like you.*

Those striving for excellence and quality in their lives will see my travels and experiences reflect this.

- Lifelong Advocate for Women
- 16 Years Life Coaching
- 7 Years Family/Child Advocate for Women's Shelter
- 9 Years Child Care Center Owner/Director
- 8 Years Member Collier Family /Child Coalition
- 9 Years Member Naples Alliance for Children Organization
- 20 Years Crisis Line Volunteer
- 23 Years Suicide Support Group Facilitator & Grief Coaching
- 4 Years Men's/Women's Group Facilitator Homeless Shelter
- 9 Years Non Profit Director Focusing on Children Kids to Camp
- Recipient of 2000 Florida Governor's Points of Light Award for Community Volunteerism
- 4 Years in the U.S. Navy, Honorably Discharged

*Inspiring others ...*

*"People don't care how much you know until they know how much you care."*

**Areas we might work together on:**

- Separation • Divorce • Recovery
- Marriage and Family Disputes
- Grief • Bipolar Coaching • Job Loss



*I can help!*

Coach Bob is available to conduct personal phone telecoaching sessions, group breakouts, and associated workshops.

If you or someone you know could benefit from learning how to handle life's problems, please share this information with them. Call me!

**Coach Bob**  
**(239) 253-6600**

*My mission statement ....*

I shall pass through this world but once. Any good thing therefore I can do, or any kindness I can show to any human being, let me do it now, let me not defer it or neglect it for I shall never pass this way again.

— Stephen Grellet

**If you can't change your situation, change the way you look at it.**

*I can help!*

**Let's look at 6 problems you may have in your life. You will learn new ways of communicating which will drastically improve the way you live.**

**LIFE COACHING**  
**239-591-1631**

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## Difficult relationships

### Do you struggle with your relationships?

Life is so short. Let's be happy and healthy together. Our relationships work best when properly managed and negotiated.

Learn 3 critical areas of relationships. Develop the 4 cornerstones to help insulate you from major problems.

"I allowed people to walk over me. I am now aware of healthy ways to communicate with others. I began using the very tools Bob showed me. I am making better choices, having better and much more meaningful relationships." -Charlee Baker

*I can show you how to live the life you really want, versus the life you are living now.*

## Confronting "pushy" people

### Do you feel overwhelmed by pushy people?

Do you regularly back down from others?

Do you just give in to get along? Don't give in anymore. Let's discover how to effectively stand your ground, pick and choose who to stand up to, while freely expressing your rights.

"Bob, your skills and verbal tools have literally saved my life and sanity. Now I know how to respond to others' insensitivity. I live life to it's fullest. Thank you Bob!" - Lisa Fieldson

*Together, we can turn wishbone into backbone.*

## Toxic family conflicts

### Are your family get-togethers more like gold mines ... or mine fields?

What are you role modeling for your children? Being in a family, you have an awesome responsibility to teach. What are your lessons of importance? The memories you create will be the legacy you leave.

"I chose to start using the skills and tools you willingly share, Bob. I have my children back plus a new and better life. Thanks!" - Denise Warner

*Let's start now to communicate wellness to your family.*

## If you can't change your situation, change the way you look at it – I can help!

## Stress in the workplace

### Do some people wear you out just by being around them?

Does your boss not appreciate your efforts, aggravating you to no end? Learn ways to speak up effectively so your concerns will be heard and even acted on.

"My personal life and professional career was in disarray. Bob coached me on how I need to be treated and how to utilize my inner skills for resolving issues. I noticed success first in my professional life and then personally. This has been an enlightening experience. Thank you Bob!" - Shelley Tenpels

*Be successful in your ability to influence others without alienating them.*

## Setting emotional boundaries

### Do you feel disrespected?

What do you want people to stop doing to you? What do you need for yourself?

"Bob gave me all the tools I need to unlock my personal power. I set boundaries and fully live to them now. I feel like a new woman. Thanks for giving me control of my life. Thanks Coach." - Linda Decart

*Once you learn how to be assertive, you will never forget it. You will feel comfortable stating what you want, while setting boundaries which will be clearly communicated and understood.*

## Disciplining difficult children

### Have your kids become uncontrollable?

Has parenting become one big impossible chore for you? Do you live around misbehaving children? You can become a successful disciplinarian. You can guide children's decision making abilities, giving them the self control they require.

"Bob's coaching has been wonderful. I have learned positive self control while giving my children the exact same gift. They have matured much more using these techniques. I have become more calm with a new sense of confidence in my parenting. Thank you Bob." - Nilsa Quinteros

*Children don't question the wrong doings of adults – they suffer them.*