



Robert L. Pruitt, II has provided training, motivational speaking, workshops and spiritual life coaching throughout the U.S., the U. K., Ireland and India. Robert's client family includes: *Operation Smile, Inc., The National Student Leadership Conference, Stanford University, Paint Branch H.S., and Broadneck H.S.* Currently, Robert serves as Director of Coaching for *Iyanla Vanzant's Inner Visions Institute for Spiritual Development.*

Coach P.—an informal educator since 1985—specializes in the development of programs that provide youth and adults an opportunity for extraordinary personal growth. He participated in basketball soccer, baseball, and track. As an adult Coach P. assended to the Olympic Development Category in the 4x100. He has volunteered as a track coach since 1996 and serves with Paint Branch H.S..

He has authored *Out of the Box, Understanding Male Power and Its Role in Relationships* for the National Basketball Association, *African American Males in School and Society*, and *Bubble Monster and Other Science Fun*. He has appeared on *The Audrey Chapman Show* on WHUR-FM 96.3, Washington, DC, Oprah, CNN and several local news shows.

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**TOTAL
COACHING
For
Athletes & Coaches**

RobertPruitt.Com

*Share the gift you are with
the world! (1Peter 4:10)*

Motivational Speaking

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Leadership Training

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Spiritual Life Coaching

ABOUT LIFE COACHING

Get more of what you want through spirit-based life coaching.

As your coach, I'll guide you in creating the balance that produces more of what you want from life, leading you to a deeper appreciation for the gift you are to the world.

Life works in a simple way. You get back what you send out to the Universe - this is the "*Law of Attraction*." I'll be your coach, helping you increase your loving energy by aligning beliefs with desires, and thought with emotions. By reframing thoughts to create positive inner dialogues, I will help you create a solid alliance between your belief systems and what you want out of life.

Life coaching — or personal coaching, as it is sometimes called — is a powerful partnership designed to stimulate and enhance the lifelong process of human learning, effectiveness and fulfillment.

It's about allowing yourself to dream big and then believing that you can make it happen on and off the field.

Coaching is not therapy, counseling or consulting. Life coaching looks to the

present, helping you get "clear" about where you are, where you want to go, and how best to get there.

Who Can Benefit from the Program?

Athletes and coaches, who want to improve confidence, reduce stress, and/or move through life more effectively

It's for you if you:

- **want to generate specific goals for your athletic or coaching career;
- **want to use your athletic skills, talents and abilities more effectively;
- **want to define or redefine what success means;
- **want to clarify what's next for you;
- **want to improve your leadership skills.

I work with students and coaches over a three-month period, in 30 minute blocks of time, weekly. The sessions involve e-mail discussions and brief home assignments. The work is conducted over the telephone.

Over your three- month period of time, I will help you develop a vision statement, set goals, provide feedback, offer perspective, encouragement and new ways of tackling challenging situations or old patterns of thinking and behaving. Working with me is like having someone running alongside you in life, giving you the extra input and insights that can really make a difference to your success.

Together we will get you where you want to go.

It is your choice! The time for change is always and only now!

If not now, when?

Don't wait another day to start enjoying a more abundant and integrated life. E-mail or call me now to take advantage of a free first coaching "assessment."*

Additional Information

Investment:

\$75 per 30 minute session (Sliding scale available based on need)

For more information and to schedule your sessions:

Email: coaching@robertpruitt.com or call 202.587.5616

***NOTE:** Participants under 18 must have your parents' permission to participate in this program.