

Contest For Free Life Coaching

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Press release from: [Heartvision Consulting, LLC](#)



Linda-Ann Stewart is holding a contest to celebrate launching her new website, [Linda-AnnStewart.com](#) and announce the addition of her new service of life coaching. The contest offers an opportunity to win an exploratory consultation, a Quickstart Vision Session and 2 free sessions of coaching.

In today's difficult times, a person needs to take stock and decide which direction they want their life to go. Most often, though, they get distracted and lost in all their choices. Life coaching helps to untangle the confusion and give a person specific direction on what they need to do to improve their life.

Linda-Ann Stewart is a hypnotherapist who has been in private practice in the Sedona, AZ area for 20 years, and is now offering life coaching to those who want to move forward in their lives, focus on their goals and reach them.

"As a life coach, I bring my decades of experience in successfully helping people change and improve their lives," Ms. Stewart says. "Hypnosis helps uncover and resolve blocks and change thought patterns and behaviors, while life coaching helps a person assess what they truly want and develop the steps necessary to bring it to fruition. The two processes work differently, but with the same goal of improving a person's quality of life."

The winner will receive an equivalent of 3 -3 ½ hours of service to help clarify their goals, plan the steps to achieve them, identify their blocks, and begin moving forward to accomplishment.

Coaching sessions for the winner will be by phone, so the winner can remain in the comfort of their own home or office. Long distance charges will apply. The sessions will also be recorded so the winner can download them onto their computer for future reference.

To enter the contest, go to www.Linda-AnnStewart.com/contest.shtml, and enter your name, email address and phone number. The contest ends on June 30, 2009, and the lucky winner will be chosen and notified by email by the end of the week.

As a nationally known life coach, hypnotherapist, writer, and speaker Linda-Ann Stewart is passionate about educating people regarding the power within their own minds. She's taught hundreds of people how to reduce stress, improve their self-esteem, break negative habits, and improve their lives. She leads seminars and teleseminars on empowerment, self-esteem, creativity and stress reduction.

Heartvision Consulting, LLC
Linda-Ann Stewart
P.O. Box 10514
Sedona, AZ 86339
(928) 639-3335 x. 2

Contact: Linda-Ann Stewart

[You can find this press release here](#)