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## Gratitude Coaching with Deborah Krueger

Get unstuck! Stop the downward cycle of your negative reactions and emotions. Find 'blessings in disguise' for your own 'sticky issues' through personal gratitude coaching. My Gratitude Coaching empowers you with game-like tools and techniques you can use to create a more positive future. You will learn my simple easy-to-use HALO Process to build a positive vision for yourself and develop your 'emotional IQ.' We will then create customized 'Gratitude Games' for you to play anytime, using the 'power of gratitude' to extend what you've learned. This can be applied in many areas of your life: burn-out, stress, sick-leave, health, work performance, relationships, and more.

### What is the HALO Process?

**H:** *Halt* - stop thinking of yourself as a victim and that the world is against you.

**A:** *Accept* your situation as neither good nor bad. It's just where you are right now.

**L:** *Let go* of negative emotions that are holding you back. You can choose what happens next.

**O:** *Open* to the blessings in disguise. Start making your list!

### What is Gratitude Coaching?

I offer hourly coaching [onsite and] by phone on a case-by-case basis. A prerequisite for receiving coaching is purchasing my book (paperback or eBook): *LET'S PLAY GRATITUDE! With Life's Sticky Issues*. My book can be purchased in advance at:

[https://www.amazon.com/s?k=let%27s+play+gratitude+with+life%27s+sticky+issues&ref=nb\\_sb\\_noss](https://www.amazon.com/s?k=let%27s+play+gratitude+with+life%27s+sticky+issues&ref=nb_sb_noss)

### To initiate a coaching session:

- Contact me by email to receive a Gratitude Consult Form: [dk@letsplaygratitude.com](mailto:dk@letsplaygratitude.com)
- Fill out the form and return it by email.
- I will contact you to review your information, determine your needs, what your base rate and/or contract rate will be, and set up an appointment.
- Upon receiving your payment, I will prepare a summary of our session results and my suggestions for further work.

**Disclaimer:** I am not a licensed therapist, psychologist, or psychiatrist. The opinions, conclusions, and recommendations expressed in counseling sessions are solely those of the coach. They are not intended to supersede the evaluation, care, or advice of a physician, therapist, or other health-care provider, or to be a substitute for any professional therapy or counseling.