



Solutions 5

SERVICES AVAILABLE

- **EXECUTIVE COACHING**

Outcome based coaching that will take you to the next level in your professional career.

- **INDIVIDUAL COACHING**

We utilize key principals and powerful techniques that scientifically help people change their negative thoughts, feelings and behaviors. Essentially we coach you toward creating the results you desire and give you the opportunity to create lasting change.

- **TIME LINE THERAPY™**

Founded by Dr. Tad James this therapeutic model allows you to release the negative emotions in minutes instead of years.

- **HYPNOTHERAPY**

Setting your unconscious mind to seek and support your new outcomes.

Coaching through **Clarity** with Solutions 5

Entering the coaching process with Solutions 5 is about achieving clarity. Starting with clarity is key to achieving what you want in life. It is powerful since it drives energy and focus toward a desired outcome. Once a person gets totally honest and clear about where they are and what their current life conditions are they can then begin to close the gap between where they are and where they want to be. It doesn't matter where you start because if you know where you are, you can decide the level of change you want to make.

Once you have clarity you are able to let go of all that does not serve your Highest Purpose, and your focus and energy aligns with your values. As a result your physical body responds, your posture, breathing and movement changes. Your physiology shifts to a more empowering state and allows you to feel more energized and you make more empowering decisions.

Emotions are faster than thoughts. Therefore there is no greater power than learning how to influence how you feel in the moment. Whatever patterns of emotions have been buried inside your body on a regular basis are projected through filters; your model of the world, your memories, values, beliefs, attitudes which then create your life experience.

With clarity you no longer live in fear of your true feelings or desires. When you gain clarity about the life conditions you want to change your suffering ends. You no longer live your life through your perception of what you "should do" or how you feel "life is supposed to be". Rather, you transform your life conditions by aligning them with what you truly desire.

Coaching through clarity is powerful and transforms and influences lives in positive and empowering ways.



WWW.SOLUTIONS5.COM



Solutions 5

Testimonials

I want to thank you and Solutions 5 Consulting for everything you have brought to my business at the Home Loan Center and to me personally... You have the ability to see things in people that help them in ways that make their job and lives more prosperous. And all in the Chris Saffer way, where you have already lead us to the end result, without us even knowing. What a skill!

My wife and I want to thank you for changing our lives and our dreams, to spend time with our children and the security of financial freedom. Cheers to your continued success!

Coaching toward **Clarity** with Solutions 5

Clarity, Perception and Discernment are all things that put you straight back into your own power. You quit waiting for someone else to do something for you, or say the right thing, or make the right move for you. You quit living in a world of "If Only", or "I Wish" which keeps you from the exciting and rewarding adventure of discovering your own true power.

It's so easy to remain stuck in patterns of thoughts and behaviors that do not work. We have all done it. This coaching process can help you identify those destructive patterns that cause you pain and help you break those patterns and replace them with more empowering patterns.

CONTACT US

Western Washington
253) 678.7252 ph
(253) 295.6521 fax

5427 55th St Ct W
University Place, WA
98467

Eastern Washington/Idaho
509) 301-5063
(800) 809-5661 (fax)

245 W. Sumach St
Walla Walla, WA 99362

365 Simonson Rd
Post Falls, ID 83854

Las Vegas, Nevada

7341 W Charleston Blvd # 160
Las Vegas, NV 89117

WWW.SOLUTIONS5.COM