



INTERNATIONAL COACH FEDERATION OF NEW ENGLAND

Coaching Services/Products/Programs

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Business Name:	In Gear Coaching & Training
Coach Certification(s):	PCC
Website:	www.ingearcoaching.com
Advanced Degree(s):	M.Ed Psychological Education
Coach Training School(s):	CoachU
Newsletter(s):	Gear Up for Success!
Coaching Niche:	Transitions: Retirement-Career
Coaching Since (year):	1997



Types of Programs Offered:	Types of Services Offered:
<p>Workshops:</p> <ul style="list-style-type: none"> • Re-Inventing Retirement • Risk to Grow! also: Women & Risk <ul style="list-style-type: none"> • Build Your Self Esteem • Assertiveness Training • Attract What You Want into Your Life <ul style="list-style-type: none"> • Team Building 	<p>Individual Coaching: in person and by phone</p> <ul style="list-style-type: none"> • Workshops • Trainings • Teleclasses
Products Available:	Additional Information:
<ul style="list-style-type: none"> • Book: A Guide to Getting It: Self Esteem • Workbook: Risk to Grow! Create the Life You Want through Responsible Risk-taking • Booklet: Gear Up with Games! Games & Initiatives for Team Building <ul style="list-style-type: none"> • eCourse: Assertiveness Training 	<p>Assessment Tools available:</p> <ul style="list-style-type: none"> • RSP - Retirement Success Profile • MBTI - Myers-Briggs Type Indicator <ul style="list-style-type: none"> • Self Esteem Inventory