

certified life
and wellness coach
rick schaad



For more than 25 years, as a general contractor, Rick Schaad helped people realize the homes of their dreams.

During this time, Rick was fortunate enough to take several journeys—of the mind and body—that brought joy, wisdom and peace to both his spiritual and physical life, time and again. Returning to the spectacle and wonders of nature throughout the world helped him to find his true essence—and it still does.

Giving back the gifts that life had bestowed upon him became Rick's focus. Always a student of self-improvement, he explored the idea of helping other people take their lives to the next level, as he had. Rick found that pathway in life coaching.

As a certified life and wellness coach, Rick now has shifted to a different kind of building—helping people build the lives of their dreams.

success stories

Rick helped me identify goals and provided the guidance on how to achieve them in a very patient, thought provoking way. After working with Rick for just a short time, I have seen major changes in the way I approach my goals. Thank you Rick, I truly enjoyed working with you!

-Andrea B.

After 30 years in the same career field and raising a family, I had lost track of my own dreams and life goals. Rick has helped me re-establish balance and direction in my life, re-discover my inner essence, and has empowered me to follow my lifelong dreams and goals. His excellent coaching skills and genuine friendship are enabling me to make many difficult but exciting changes to my life.

-Mark R.

Are you ready to start living the life you've always dreamed of?

All you need to do is call or email Rick to arrange a **30 minute complimentary session**.

During that session, we will discuss your goals, your vision of an ideal life, and explore the possibility of establishing a proactive coaching relationship.

Rick Schaad

Certified Life/Wellness Coach

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COACHING

**helping you to
achieve your goals
and fulfill your dreams**

LIVING IN FULL AWARENESS

what is life coaching?



**You decide your goals.
We work together to
achieve them.**

Life Coaching is about your personal growth. If you are ready to create positive changes in your life, you can benefit from coaching. Sessions focus on setting and achieving your goals, while working to eliminate the roadblocks that obscure your success.

Sometimes the first roadblock is asking for help, and sometimes it's determining what your goal really is. The starting point is wherever you are.

Making real life changes can be hard work, especially when you're doing it alone. Having a coach to assist you can make all the difference.

coaching services

Life and Wellness Coaching

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Retirement Coaching

We live in a time when an enjoyable retirement does not happen by accident. Retirement Coaching will help you discover your deepest desires, plan for your needs, and take action to prepare for retirement on your terms.

Business Coaching

Business coaching helps owners of small and medium sized businesses with their sales, marketing, management, team building and so much more. Just like a sporting coach, your Business Coach will make you focus on the game.

frequently asked questions

Is Life Coaching like Therapy?

There may be some similarities, but life coaching is based upon questions presented by the coach that help the client arrive at their own conclusions about their lives and how change would benefit them. You already have the answers; I help you to remove any negative beliefs that might slow or stop you from achieving the life of your dreams.

Does coaching by phone really work?

Coaching by phone works really well, as distance and time become factors. The connection can be just as personal as meeting face to face.

How long will we work together?

I ask you to make a commitment to yourself, to live your life on purpose. I require a 3 month commitment to start the process, but my invitation is to make coaching part of your lifestyle.

What will we talk about?

I will ask you to come with a coaching request and that will be the basis of our conversation. We will set up an objective and work to lay out an action plan for your success.

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