



Dr. Miranda's Life Coaching Services Monthly Newsletter

September Edition

In the month of July, Dr. Sophia R. Miranda, Leadership Expert and Coach hosted 1-hour "Ask your Coach" sessions where she shared her wisdom on several topics. Since there was an overwhelming request to add some of the topics to the newsletter, Dr. Miranda agreed to add snapshots each month of each topic for all to enjoy. For the month of September, the topic to be discussed is "Support Systems"



How Support Systems Fit Into Personal Development

Understanding the importance of support systems is one of the keys to success when embarking on the journey of personal development. When you make the important decision to better yourself is when life circumstance decide to come at you full force therefore, having people in your corner is very important.

We all know that challenges are part of life however, we want people who understand us and can be our backbone during tough times. Cathy Williams noted “Research has proved that having a support system has many positive benefits, such as higher levels of well-being, better coping skills and a longer and healthier life. Studies have also shown that social support can reduce depression and anxiety. Giving and receiving support from others is a basic human need”. So how does this play a role in personal development?

Personal development is a lifelong process. It is a way for you to assess your skills and qualities, evaluate life and set goals in order to reach and maximize your potential. Since it is a lifelong process this means that you will be met with challenges along the way. However, it does not mean you have to deal with these challenges alone. When you have a support system you have the opportunity to

gain wise council, motivation, encouragement, and much more. Support Systems can come in the form of family, friends, colleagues, coaches, and mentors. These individuals have been in either the same situation or something similar and have learned what it takes to prevail.

So, I would recommend that you develop a strong support system. You can do this by starting with these few steps:

- Identify who in your family has been your support in the past
- Evaluate your friends to see who may be able to serve as a support to you now
- Find a Life Coach or Mentor who can assist you in your personal development journey

Having a support system is imperative to your personal growth. It allows you to embrace your challenges and continue the journey. We are better together. So rather than resorting to unhealthy outlets or becoming stagnant in your goals and dreams, establish your support system.



Life and Leadership Coaching

Dr. Miranda's coaching involves the ability to understand you: to think how you think, and understand your perspective. From this benchmark, she will place another perspective on top of yours – stretching and growing you to gently see a more empowering way. As a certified John Maxwell coach, Dr. Miranda can see what you are going through now and what is up ahead. Coaching is foreseeing, paving the way, coming alongside you while helping you achieve goals and overcome limiting paradigms.

One way to start on your journey to becoming a better vision of yourself is by getting a coach! So what are you waiting for?

Contact Dr. Miranda today for more information on how to get started!

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A Message from Dr. Miranda

I believe that creating balance between the demands in your work and family life is not always easy. When you work with me, you will develop a structured and practical plan to avoid becoming overwhelmed and over stressed.

Therefore, I have developed a purposeful and transformational technique that results in you attaining your goals, whether the goal is for personal growth or leadership development. Through this journey we will work together in a confidential and supportive environment.

People have described me as “a woman of strategic planning and who communicates with great wisdom.” My philosophy is simple: I believe there is a leader inside each person, no matter what their role is in the workforce or in their home life. The real question is not “are you a leader?” The real questions are: Do you have influence in order to be effective and are you willing to grow?

If you answered yes to both questions and are willing to transform your life, let's get started today.

I am looking forward to taking a journey with you towards a life of intentionally living, and choosing to live a significant life that matters.

-Dr. Miranda