

Life Coaching

My name is Irina Sirovskaya. I was born in Moscow, Russia, where I grew up during the tough but very interesting, unique and exciting times of socialism; where I became a figure skater; learned 3 foreign languages, and got a degree to become a professional translator/interpreter/language instructor. I came to the United States in 1996 with my son Larry who is now 19, to reunite with my late mother. Here in the U.S., I have got my diploma in Paralegal Studies and got certified as an aerobic instructor by the IFA.

I am a proud breast cancer survivor!

In the course of years of learning and growing as a person, in addition to my master's in Linguistics (including a course in Psychology), I have graduated a set of seminars and workshops, including Personal Development Seminars: Discovery and Focus; Family Seminars: Parent-Child Workshops (together with my teen son); and Keys to Success Workshops, including Living a Purposeful Life, Being in Relationship (Creating Connection), Styles of Communication, and Addiction Awareness. In addition, I have completed a 10-week Relationship Training by Resources Realizations, Inc., giving me tools for having a successful relationship. Please refer to the links below for details and more information.

www.resourcerealisations.com

www.sourcepointtraining.com

I have always had a passion to excel myself, achieve goals, and follow my dreams. I strongly believe in sharing my knowledge, skills and life tools with friends, family and almost anybody who would let me do so, as I want them to possess this knowledge, skills and tools to be able to make choices that work for them. I am passionate about what I do because I do it with a purpose.

My purpose as your Life Coach, is to assist you in creating who YOU want to BE, addressing almost every aspect of your life and helping you find emotional balance, piece and love within yourself. The techniques, methods, and tools that I use differ from those in therapy, counseling, consulting, mentoring, or just a friend's advice. I will assist you in getting to know yourself better, setting new goals and making new working choices for yourself to achieve your goals and dreams and get the results you want. I will give you the tools on how to move forward whether it is your personal, relationship or business project, by analyzing what is going on right now, discovering possible obstacles and/or challenges, and assisting you in choosing a course of action that will work for YOU and make YOUR life BE what YOU want it to BE.

I am very excited about facilitating "The Big Dig in 2011" dual purpose conference together with Karla Rodriguez, my utmost yummiest friend, the owner and creator of Sudor Taino. My first conversation with Karla 10 or 11 years ago was about how to loose these stubborn last 5 lbs. with an attitude as if she can do it for me with her magic. My most powerful and influential memory about her goes back to August 2006 when she

gave herself permission to become my voice and announced in front of the whole class at The Big Sky that I was diagnosed with breast cancer, when I was speechless in shock. This is how I have learned the power of reaching out and getting the most sincere support. My most strong feelings about our relationship is gratefulness and being blessed to know her and have her in my life. I love you Karla and thank you for being you!

I am also very excited about this great opportunity to support Karla's goal "to contribute to the progress of humankind by continuing to touch the lives of everyone around her with the ideology of Fitness & Life with Passion"

I invite you to get excited about your possibilities, goals and dreams! I invite you to get passionate about new possibilities you can open for yourself at this seminar and future coaching!

More you love yourself more you love others,

Love and yummy hugs,

Your life coach Irina