



A turtle symbolizes your peaceful walk in this world, as well as the paths that you take. It guides you in your personal growth and grounds you as you go through different cycles of transformation.

## Let's Talk

414-530-1311  
eshermanhealthcoach@gmail.com  
coach2live365.com

11929 250th Avenue  
Trevor, WI 53179



## WE'RE IN THIS TOGETHER

My name is Eileen Sherman.  
*I am a certified Health & Life Coach.*

For the past few years, I've discovered how to help women (and men) who are stressed out—busy professionals—transform their bodies, minds, and lives—people just like you.

After years of education and training in health care, business, behavior, and changes in my personal life, it was time to turn all of my training and personal experience into practical knowledge that my clients can use in everyday life to lose weight, gain energy, make life changes, and transform themselves into their best self!



Eileen Sherman, PhD,  
MBA, BS, RN  
Certified  
Health/Life Coach  
Grief/Loss Coach  
Divorce Coach



coach2live365.com

HEALTH COACH  
LIFE COACH  
GRIEF & LOSS COACH  
DIVORCE COACH

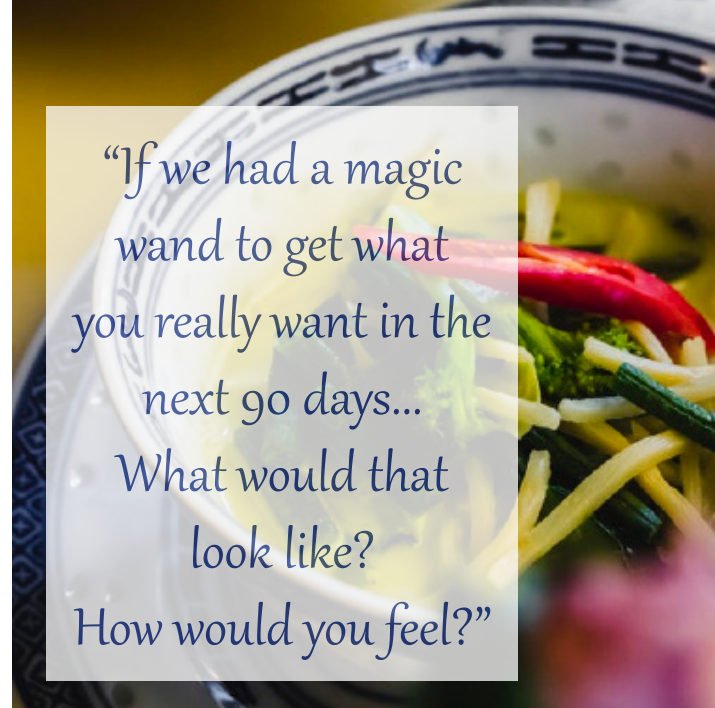


# Take Back Your Life

*What's stopping you, slowing you down, or preventing you from having the balance, energy, weight, and/or life you want?*

You need a powerful vision for an individual positive life transformation! Whether you've suffered a debilitating loss, are dealing with divorce or other significant life changes, or want to regain the health and vitality you once had, we can help you get your life back on track and follow your dreams.

Visit my website at [coach2live365.com](http://coach2live365.com) and learn more about how I practice and work with you, and whether this approach might be a "fit" for you to kick old habits and develop a new, healthier ones!



"If we had a magic wand to get **what** you really want in the next 90 days... What would that look like? How would you feel?"

## LIFE COACHING



### Life After Loss: Dealing With Grief

Loss is an inevitable part of life —loss of a loved one, loss of health, even letting go of a long-held dream—and grief is a natural part of the healing process. Choosing support to deal with a significant loss can help you return to living during one of the most difficult times in your life.

### Divorce—Helping You Get Back on Track

People often contact a divorce coach when they find themselves at the crossroad of whether or not to get a divorce. A divorce can be paralyzing, but it doesn't have to be.

*A Certified Divorce Coach can help you process this decision through a flexible, goal-driven, individualized approach.*



## HEALTH COACHING



### Cleanse and Diet Reset

Cleansing your body and pampering yourself while clearing your mind has many health benefits.

### Energize Your Body and Mind

Choose a 7, 14, 21 or 28 day plan. You'll receive all the materials and work closely with your health coach to be sure you are getting exactly what you need!

### 90 Day Transformation

It is not uncommon to have at least one area of your life out of "sync." Often your health, finances, relationships, professional life, or connection to something greater may need adjustment to keep you in balance and healthy.

A health coach can help you prioritize, and create a program to attain your goals.