

# Naperville Life Coach Diane Overgard of 45 Degrees Coaching Receives 2013 Best of Naperville Award

*45 Degrees coaching, a leading Naperville life coach company receives the Best of Naperville Award in the Human Relations & Career Coaching category.*

NAPERVILLE, IL, USA, March 13, 2014 /EINPresswire.com/ -- [45 Degrees coaching](#) received the Best of Naperville Award in the Human Relations & Career Coaching category. The Naperville Award Program identifies companies that have achieved remarkable success in their local community and business category. Company Founder and Owner, [Diane Overgard](#) accepted the award for her outstanding coaching services in the local Naperville community.



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The [Naperville life coach](#) company was recognized for its proven ability to use its programs to generate long-term value for community members. Leading premier personalized life coaching and life coach workshops in Naperville, Overgard guides individuals, business owners, and corporations on ways to accelerate their businesses by helping them turn actions into sustainable habits.

"Forty-five degrees is the optimal angle to launch an object from where it is, to where you want it to go," said Overgard. "It's basic science! And I help people launch themselves from where they

are to where they want to be."

After over 10 years of experience as an executive life coach, Overgard has helped many businesses owners turn their corporate cultures into thriving, productive and efficient professional communities. Through her leading life coach services, she has helped employees and business owners improve their performance and productivity in the work place, stay connected with their children and spouse, and enjoy life more.

"Later never comes. If we wait for the perfect circumstances to move forward, whether it be starting a new job or taking initiative on a project, we will miss the opportunities to grow," said Overgard. "With the right tools anyone can learn how to be more efficient and less stressed in work and in life," said Overgard.

To learn more about 45 Degrees Coaching and Diane Overgard's executive life coach programs, lessons or group sessions, visit: <http://www.45degrees.org>

About 45 Degrees Coaching:

45 Degrees Coaching provides Naperville IL customers industry leading Life Coaching services. Specializing in Transition Coaching, Group Coaching, Family Life Education, and Career Coaching, 45 Degrees Coaching has developed into Naperville IL's Life Coach Business leader. The company's founder Diane Overgard, is a Certified Life Coach, Professional Speaker, and Published Author. She is a member of the Naperville Speaker's Bureau, National Council on Family Relations, Past-President of the Board for KidsMatter, 2012 Chair of Naperville Chamber Women in Business, and a guest blogger for several professional organizations.

About Diane Overgard:

As a Certified Life Coach with a background in Adult Education, Diane Overgard understands that success in a professional life is enhanced by making a personal life incredible. She also speaks at staff trainings, business luncheons, weekend retreats and educational conferences.

About the Naperville Award Program:

Each year, the Naperville Award Program chooses only the best local businesses. The program recognizes companies that have demonstrated their ability to use various marketing methods to grow their business in spite of difficult economic times. The companies chosen exemplify the best of small business; often leading through customer service and community involvement.

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