



Favored Enterprises Unveils New Professional Coaching Programs for Building Self Management Skills

DECATUR, GA, USA, May 16, 2014 /EINPresswire.com/ -- Favored Enterprises just unveiled two programs through its Changing Your Life Coaching Service that teach students how to manage time and resolve conflicts more effectively.

Changing Your Life Coaching -- a professional coaching service provided by Favored Enterprises in Decatur, Georgia -- is now offering two 90-day programs that teach a variety of [self management skills](#).

The first is called "How to Manage Time and Stress". It is aimed at professionals who are having trouble meeting their high priority goals and spending time on what they value, both professionally and personally. The program teaches students [time management skills](#) that will improve productivity and reduce stress. Students will also learn how to identify and eliminate productivity-killing behaviors.

The quote from Barry Werner, "The essence of self-discipline is to do the important thing rather than the urgent thing" is one concept taught in the program to help people figure out what is most important, so that they are able to achieve high priority goals and have time for what they believe is significant in life. This idea helps people to transform how they dedicate their time, explained by Lula Newsome, a Certified Professional Coach and owner of Favored Enterprises.

The second program is called "Stress Relievers -- How to Resolve Conflict". In it, Newsome teaches a wide range of [conflict resolution strategies](#) -- including how to express differing opinions positively, how to manage the stress of a dispute, and how to move forward after a conflict.

"Stephen Covey once said, 'Seek first to understand, then to be understood.' That creates the possibility of the conflict being discussed and resolved by both parties as one focus of the program," said Newsome.

In both programs, students will have one-on-one private coaching sessions and ongoing access to Newsome outside of the sessions. While these programs were created for individuals, Newsome says they can both be adjusted to meet the needs of entire professional organizations.

About [Favored Enterprises] offers products and services that promote healthy living. Changing Your Life Coaching is a professional coaching service provided by Favored Enterprises that works with Professionals to find solutions for managing stress at work or home and for achieving their life aspirations. The service specializes in stress management, creating programs that will help people to reach the results they desire for managing their stress and improving on their personal development.

Lula Newsome
Favored Enterprises
888-696-6472
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/205233660>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.