



Shae McNamara

Certified Performance
& Wellness Coach

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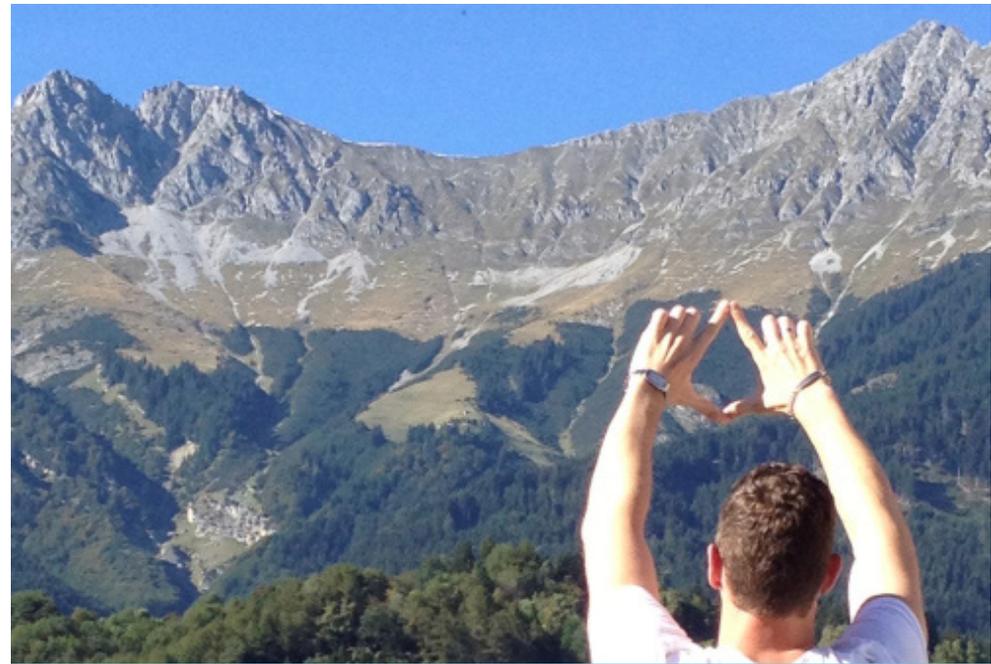
414.352.4900



Rates:

\$50 per session

FREE 30 minute consultation



Performance & Wellness Coaching

With Shae McNamara

*Overcome challenges in your life,
create a stronger foundation for your future.*



SHAEMcNAMARA.COM

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Shae played a large and important role in my recent career change. He has a natural talent for digging up and understanding his client's core beliefs and innate strengths which he uses to help them achieve their goals and desires. Working with Shae is like a nurturing friendship rather than just a weekly session with a stranger. I highly recommend Shae's services to anyone seeking coaching, motivation, or positivity.

-Andrew Soucheck, New York

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What is a “LIFE” coach?

A good “life” coach is someone who comes together in a partnership with clients, to generate improvements in their potential, personal, and in their profession. They construct a creative process that provokes thinking, and allows the clients to take control of their own success. Coaches strongly believe that we are all the experts of our own lives, and that we all possess the creativity and the resources needed to achieve our desired results.

A certified coach will:

- Listen to you
- Enable you to find your own answers
- Set an action plan
- Set daily, weekly or monthly goals
- Hold you accountable to your own chosen goals and actions
- Keep you on track
- Keep everything confidential
- Help you envision a future



As your coach, I will begin to define and clarify any goals you are committed to achieving. I will then have you assess yourself to determine where you are right now in order to define where you want to be in the future. Once this is determined, I will help identify the things that keep you from achieving these goals, and help you create an action plan that is both effective and enjoyable.

Why hire a coach?

Sports:

- Mental Toughness
- Overcoming weakness & negative thoughts
- Achieving your full potential
- Discovering your roadblocks
- Dealing with disappointment
- Creating positive in-game triggers

Balance:

- Prioritizing your life
- Getting moving in a forward direction
- Making time for yourself
- Helping you realize your goals & dreams

Personal Life & Professional Performance

- Enable you to find your own path
- Allow you to stay true to yourself
- Allow you to show the “real” you to family, friends & coworkers
- Help you find what really makes you happy

Body Image & Diet, Building Confidence

- Discover your inner roadblocks
- Teach you to make the right decisions for yourself
- Equip you with the tools you need to reach your goal
- Get you moving in the right direction

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Shae is a great life coach. I really loved working with Shae and I value the time we spent together. The model he developed to increase my self-confidence is extremely empowering and at the end of the coaching sessions I reached a perfect 10 in confidence! It was an excellent track record for me.

Our journey together went from self-awareness and discovery, to decision making, to actions. It was a continuous improvement towards my best self. Shae is unique because when coaching, he brings his exceptional life experience, his determination, and his passion for supporting others in reaching their highest performances. Thank you!

-Cristina Morpurgo, Italy

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