



*Rewrite
Your
Life*

Rewrite Your Life Coaching TM
Press Kit

Rewrite Your Life Coaching
www.rewriteyourlifecoaching.com

COMPANY PROFILE

Rewrite Your Life is dedicated to helping women rewrite their lives and find a renewed sense of purpose so they can make a difference in the next phase of their journeys.

Rewrite Your Life Coaching provides the means for you to:

- **ReDefine Your Journey**
- **ReInvent Yourself**
- **ReDesign Your Future**

COMPANY MISSION

Rewrite Your Life operates with excellent ethics, provides outstanding customer service, and respects its community at all times.

[CLICK HERE](#) to Subscribe to our FREE email newsletter. You will receive tips on how to move forward into a new phase of your life.

FOUNDER PROFILE

CONTACT INFORMATION

Contact: Gioya McRae, Certified Transitional Life Coach and Founder of Rewrite Your Life
Telephone: 862.216.4025
Email: info@rewriteyourlifecoaching.com
Website: www.rewriteyourlifecoaching.com



OVERVIEW

Gioya McRae is a Certified Transitional Life Coach and Founder of Rewrite Your Life, an organization dedicated to helping women over 50 rewrite their lives and find a renewed sense of purpose so they can make a difference in the next phase of their journeys. McRae is also an author and speaker.

McRae's transitional coaching specialties include coaching for:

- Retirees who are moving into a new phase of their lives
- Empty-nesters looking to fulfill their unreachd dreams
- Divorced or widowed people who need to refocus their lives
- People who want guidance to make major changes in their lives

EDUCATION & BACKGROUND

- Coaching Certification from the Creativity Coaching Association
- Certificate of Course Completion in Life Coaching from the International Association for Continuing Education & Training (IACET)
- Rutgers University - Marketing

PROFESSIONAL BACKGROUND: Coach, Author, Book Publisher (Mocha Mind Communications), Speaker, Teacher

TYPES OF CLIENTS I'VE WORKED WITH:

Non-profit organizations, libraries, adult schools, women in transition

BOOKS by Gioya McRae:

NONFICTION:

Reach Your Dreams Now: A Step-by-Step Guide to Creating a Life of Infinite Possibilities

Self-Publish Now: A Step-by-Step Handbook for the Novice Publisher

From Pen to Page: Instructions for Write-Brained People

Life Sentences: 365 Prompts, Challenges & Wild Persuasions for Write-Brained People

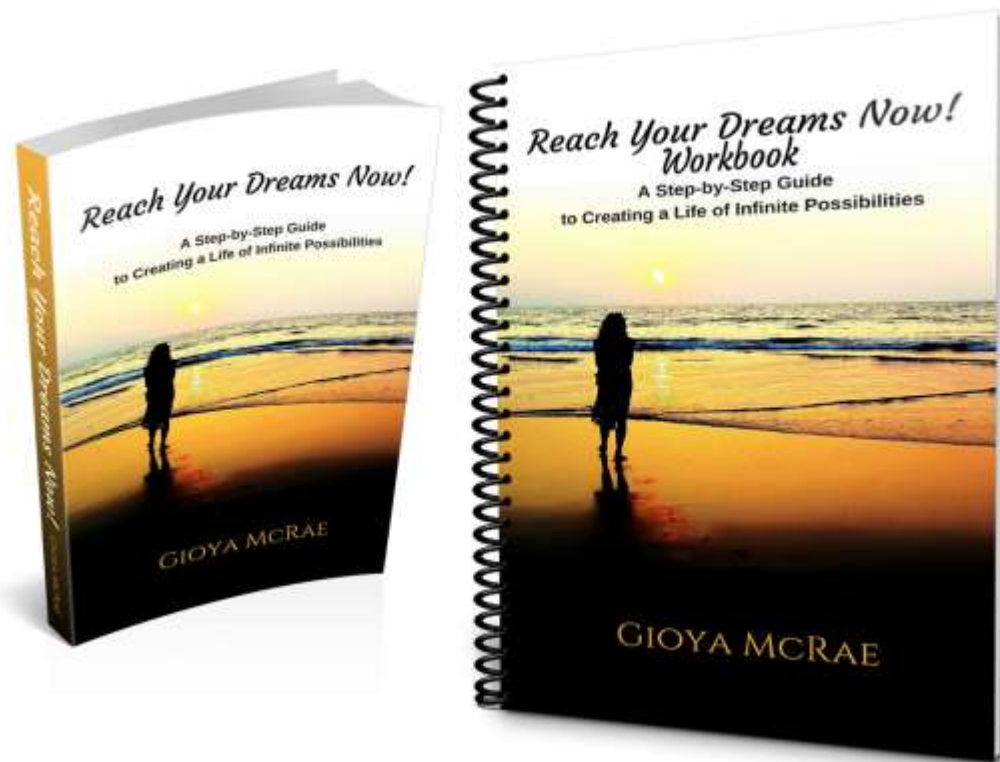
FICTION:

Mostly Murder: A Medley of Mayhem & Mystery

The Plague Within

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BOOKS BY GIOYA MCRAE



Reach Your Dreams Now! is a comprehensive guide that will show you how to live a life filled with infinite possibilities. In this book, along with the accompanying workbook, Gioya McRae shares easy-to-follow strategies to:

- *Change habits that keep you standing in place
- *Overcome obstacles standing between you and your dreams
- *Connect to your core values
- *Unleash your inner power
- *Create the life of your dreams

The ***Reach Your Dreams Now! Workbook*** is the perfect accompaniment to the *Reach Your Dreams Now!* book. With the worksheets in this workbook, Gioya McRae gives you the **tools** to follow the steps in *Reach Your Dreams*.

SPEAKING TOPICS

How to Redefine Success & Find a Renewed Sense of Purpose

Are you stuck in a lifestyle that no longer suits you? Learn how to Redefine Your Journey, Reinvent Yourself & Redesign Your Future. Find out what you need to know to create your most excellent life.

How Imagination and Faith in Yourself Defines your Future

Learn key ways to redefine your future by combining your imagination and your faith in yourself. Find out what you need to know to create your most excellent life.

3 Major Decisions to Make About Any Issue in Your Life

Have you ever struggled with a problem, finding no possible solution? Streamline your problem-solving process by using these guidelines.

How to Determine Your Special Gifts & Create Your Purpose in Life

Many women think they are unremarkable, that there's nothing special about them. But everyone has special talents. Learn the strategies to help you reveal your hidden talents and how to use them to focus your purpose in life.

Disempowering Beliefs Standing between You and Your Dreams

What beliefs stand between you and your dreams? Learn the major disempowering beliefs many women share and the strategies to put you on the road to your dreams.

Interested in booking Gioya McRae as a speaker? Email us at info@rewriteyourlifecoaching.com or call 862-216-4025. Inquiries will receive a prompt response.

WORKSHOPS

Self-Trust Workshop

This 90-minute workshop guides participants to trust their inner voices. We will review times when we made the best and worst choices in our lives. Learn how to trust and follow your inner guidance.

We will use a blend of meditation, visualization, writing and open discussion, and an exercise to gently guide participants to find their best paths in life. Attendees will learn how to trust their inner voices to help them actualize their dreams.

[Click here for more details.](#)

Mind Games Workshop

Attendees will participate in a series of interactive, fun, esteem-building exercises. This workshop will raise participants' self-esteem as they begin to recognize their best traits and help other attendees to do the same. Session includes a giveaway that will be created by the participants during the workshop.

[Click here for more details](#)

Soulful Meditations: The Beginnings of Peace Workshops

This workshop provides participants with an overall picture of meditation and its benefits, followed by practice of meditation techniques. The participants will leave with a written guide so they may continue the practice on their own and a meditation giveaway.

This 90-minute workshop will include:

- Meditation Basics
- Breathing Techniques
- Concentration Techniques
- Physical Posture for Meditation

[Click here for more details.](#)

How to Destress Your Life!

Women instinctively put others first. It's how we're raised. It's how we're expected to be. After we take care for our families, work our jobs, and cook and clean, there's little time left for ourselves. This workshop will give you the steps to put yourself first and get control of your life!

[Click here for more details.](#)

TESTIMONIALS

"It was a pleasure having Gioya McRae of Rewrite Your Life, facilitate our Workshops. The exercises help our S.O.F.I.A. Support Group members focus on positivity and self-esteem after experiencing a traumatic Dating or Domestic Violence relationship. Our team focuses on "Healing through a Creative Process" in a non-clinical way. We are looking forward to having Gioya return for her pleasing, emotional healing workshops!"

Cynthia Walker-Founder
Start Out Fresh Intervention Advocates (S.O.F.I.A.)
<http://www.supportsofia.org>

Thank you so much! The women were so grateful for your time and knowledge. The work you do makes a difference to so many around you.

Barbara Sunberg
National Council of Jewish Women
<http://www.ncjwessex.org>

"You were wonderful. Just what we needed!"

Carol Buchanan
Friends of the Maplewood Public Library

"Gioya is a talented communicator who provides a valuable service."

Herb Way
Herb Way Photography
<http://www.herbwayphoto.com>

CONTACT INFORMATION

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Join me on Social Media!

Twitter: <https://twitter.com/MochaMindComm>

LinkedIn: <http://www.linkedin.com/in/gioyamcrae>

Instagram: <https://www.instagram.com/rewriteyourlife101>

Facebook: <https://www.facebook.com/pages/Mocha-Mind.../38400437865>

Pinterest: <http://pinterest.com/mochamindcomm>

YouTube: <http://www.youtube.com/user/MochaMind1>

Google+: <https://plus.google.com/+GioyaMcRae>

FAQS

What is Transitional Coaching?

How do you help women?

What types of women do you help?

Why would someone need a coach?

How long does a woman work with a coach?

How many people have you helped?

What are your upcoming workshops/seminars/events?

How long have you been in business?

Where can we get more information about you and/or your services?

How can the public contact you?