



“When patterns are broken,  
new worlds emerge.”

Kupferberg

Life is made up of a series of choices and decisions. Our actions make us who we are. And sometimes, we evolve into a person that is limited by specific behavioral patterns. Breaking those patterns is not easy. It often requires outside help.

The result of those efforts can be life-changing. And that’s where I can help.

I invite you to learn more...

## Directions



**Maurice E. Pratt, BS, MBA**

Executive & Personal Coach

Seven Kimball Lane, Building E  
Lynnfield, MA 01940

Phone: 781.246.4572

Fax: 781.246.4570

Cell: 617.755.1053

Email: maurice@mepratt.com

Most major credit cards are gladly accepted.

Develop  
your strengths,



Reach  
your potential



**Maurice E. Pratt, BS, MBA**

## Benefits of Coaching

Many people come to a coach to tackle their own issues. They may come to gain more control of their lives, to reduce stress, to develop a healthier lifestyle or to improve personal and professional relationships. Many of these goals are difficult to reach. Working with a coach will help keep you focused on your desired changes. A coach will help you make better use of your time, manage your personal finances more effectively, reach inside to find the motivation and confidence you need to reach your goals. An effective coach will not only work for you, but will establish a realistic framework for turning dreams into realities.

I take great personal interest in each individual with whom I work. I work with all of my clients to help them reach their goals and experience all life has to offer. Happiness, success and personal growth are obtained by those who actively seek them.

**You must be empowered to make the decisions that bring you your success.**

Photo here

## The Advantage of Maurice E. Pratt

Experience is what sets me apart. As a winning endurance athlete and a certified fitness instructor, I share with you my determination to help you reach your goals.

In addition, I have an MBA from Suffolk University and I am a Masters candidate at Harvard University. As a member of the *Employee Assistance Professionals Association* and a professional with more than 17 years of business experience, I help you structure an action-based plan. I put all of my knowledge and experience to work for you, providing the motivation and structure you need to excel.

## To help you reach YOUR goals, I provide the following:

**Encouragement.** You gain the most when you venture outside your safe surroundings. However, that requires the encouragement and support to try new things and break old habits. That's where I can help you out.

**Straight-forward Methods.** It can be daunting to make these changes. With me at your side, you don't have to go it alone. I create plans designed just for you. Then we work as a team to realize your dreams.

**Close Supervision.** To make sure your goals are realized, I work closely with you to learn about your ambitions. I offer flexible office hours (including early mornings and evenings) at my office or a convenient location.

**Confidentiality.** All meetings are held in the strictest confidence. I encourage honest & open communication as that's the best way to implement change.

**Results.** I do not perform miracles. Rather, I help you accomplish your goals by holding you accountable for your actions. With regularly scheduled meetings and periodic phone or email follow-ups, excuses become a thing of the past. And, with long-term follow-up visits I remain committed to your success.

No one said making changes was easy, but with me at your side they just became a lot less intimidating.

**Develop your strengths, reach your potential.**



**Maurice E. Pratt, BS, MBA**

**Is Personal Coaching Right for You?**

To determine if personal coaching might work for you, I invite you to complete the following short questionnaire.

Please rate each statement using a scale of 1 to 5 (1 for "Does not apply to me at all" and a 5 for "Strongly Applies to me")

	SCORE
1 I wish I were more successful in my current job or career path	<input type="text"/>
2 I need to have more control over my life	<input type="text"/>
3 I need to use my time more efficiently	<input type="text"/>
4 I wish I were more responsible with my personal finances	<input type="text"/>
5 I need to improve my diet or exercise habits	<input type="text"/>
6 My love life or social life could use some help	<input type="text"/>
7 I need to improve my interpersonal skills	<input type="text"/>
8 I have too much stress in my life	<input type="text"/>
9 I wish I were more confident	<input type="text"/>
10 Overall, I am not as happy and healthy as I would like to be	<input type="text"/>
<b>TOTAL SCORE</b>	<input type="text"/>

If you scored a 30 or more, personal coaching might be right for you.

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