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In day to day life, or in your work, do you ever have days where you're not sure you're on track with your plan. Do you have a plan? Is it an updated plan? Have you taken the time to reflect on the new changes around you and adjusted to compensate for them? It can be the plan to spend more time with family in the evenings, get healthier, reach that new bonus at work or get that next big client. What stops you from achieving what you consider success?

We all find ourselves in these situations, and it's how we react to them that determines whether we feel accomplished. That's where I found myself over a year ago, and I was determined to take the time to get out of my regular routine and re-evaluate my efforts. I knew I could not do this alone, and I would need someone to hold me accountable while providing new perspective. There are people who do this. I knew I needed a coach.

I had known Laurie Mrva for quite some time when I came to my new resolution and I immediately knew she was the person I needed to help me through this process. I had worked with her in different capacities and been a witness to her organizational skills, attention to detail, big picture thinking, motivational attitude and expressed knowledge of the strategies of coaching people. We met to discuss the opportunity and she began the process of helping me materialize the goals in my head. The program was structured to keep me on track (which is not easy, but she was firm yet empathetic), elaborate enough to help me understand the importance of the exercises, and tangible so I could feel it, see it, carry it around even. Taking these steps really helped me feel I was moving in a direction that was best for me, while letting me see my progress. Laurie was always professional and I knew I could be comfortable that she could see my weaknesses without judging me and truly wanted to see me improve and reach my goals.

Now I sit and look back at my journey. I was awarded Agent of the Year last year and am in the running again this year, went on an adventure that took me across the country, improved my finances and improved my personal relationships. Don't get me wrong, I still have plenty of work to do, but these accomplishments are directly related to my action to make a change and get help to do it. A coach will help you decide how to get where you want to go, because whether you realize it or not, you're going somewhere if you do nothing different. Life is a roll of old film, it keeps transferring from one reel to the other whether we want it to or not. You might as well control what the movies about. Laurie Mrva can help you define your success, and achieve it. She helped me. She can help you. Decide right now. You'll be glad you did.