



CCF

SUCCESSSES

**TRISH
TONAJ**

**KEEPING
IT REAL**



CERTIFIED COACHES FEDERATION

What inspired you to become a Certified Coach?

Mentorship and sharing stories started the journey. I remember working on contract as part of a national C-Team where one of my personal goals and objectives included mentoring. The Brand Manager wrote me a wonderful letter of thanks and suggested that based on our success, perhaps, I should consider “coaching”. Who knew? So, **I took her advice, became certified through CCF and have never looked back!** A win-win experience!

How did you determine your coaching specialty?

“Walk the walk; and talk the talk” contributed to specializing as a “preneur” coach.

With experience as an intrapreneur, entrepreneur and solopreneur, this year, I am celebrating 25 years as a “preneur”! The time has gone by so fast...combine that practical experience with a commitment to life-long learning and you begin to see a lifestyle pattern that connects with other entrepreneurs.



What is unique about you and your coaching business?

“**Keeping it real**” and connecting with “**right fit**” clients leads to “**results.**” We create a roadmap that supports their own unique definition of success. As part of the process, we introduce various tips and tools to assist with breaking barriers and finding a balance between wealth and wellbeing.

What’s the most successful tactic you use to market your business?

Speaking and writing! I have a passion for public speaking and connecting with an audience usually leads to creating a solid foundation for one-to-one or group coaching. As an author, **Breaking Barriers 10 Entrepreneurial Women Share Their Stories** is an effective platform for sharing stories and starting a conversation.





What is the greatest challenge you've encountered in your coaching career? How did you overcome it?

The Big "C" ...Content!

In the last year I had been searching for new and innovative content that would meet the needs of a "gig workforce." I have been fortunate enough to form a Managing Strategic Partnership with two business consultants in the creation and launch of The Mechanics of FLOW2. An on-line program that facilitates self-study, one-to-one coaching and mastermind sessions based on wealth and well-being. We are currently in pre-launch, introducing a rev/share model with the intention of connecting with other coaches and consultants to provide content for ongoing success.

Stay tuned...

How has the Certified Coach Practitioner™ Course contributed to your success?

As a member of CCF, I was able to **build confidence** and continue to support a lifestyle with a focus on wealth and well-being. The journey for reinvention means stepping outside your comfort zone and being part of this community has reinforced that commitment.

If you could share with a new coach one nugget of knowledge, what would you share?

“Walk the walk and talk the talk” - find yourself a “coach” who will assist with helping you to build a business that meets all of your personal and professional goals and objectives!

Create your own success formula!

I'm sure we all agree, there are times when we all need a little inspiration and support. So... I developed a new mantra:

“Be the person who creates a ripple that starts a wave of change.”

If we all commit to one positive contribution in our communities; just think of the possibilities?



What Trish's clients are saying

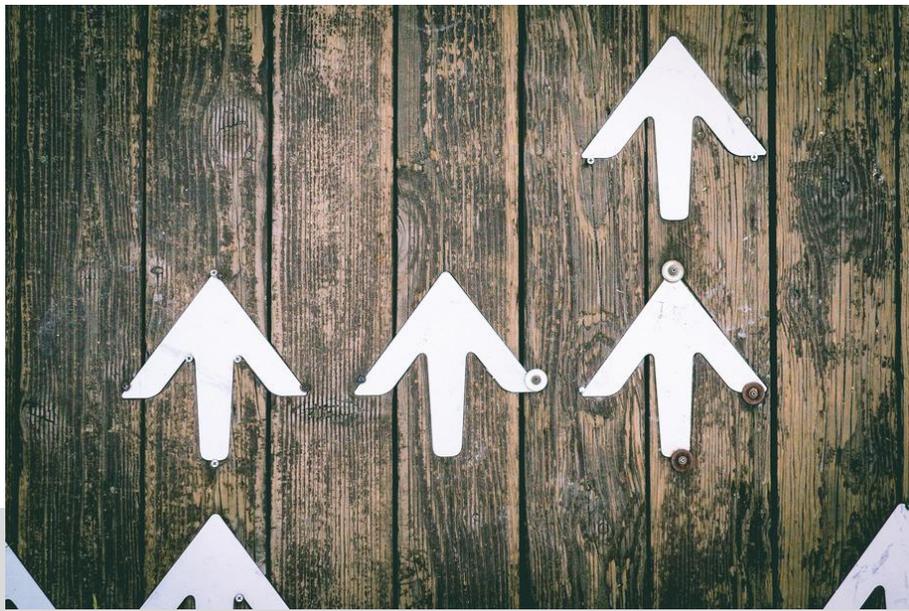
"Trish is a polished, well-spoken and charming leadership coach and speaker. I had the pleasure of meeting Trish at a Women's professional development group and could not resist inviting her to speak and provide a wonderful bookend to a 2017 Women in Leadership mentorship program. Above all, I was impressed at her enthusiasm, willingness to help and give back. She comes with my heartfelt recommendation as a speaker and coach."

Tricia Ryan, Board Chair - Women In Leadership Foundation

"Our team participated in Trish's EQ workshop and one-to-one coaching that left us with the communication tools and action items that will help guide us through our next phase. Trish was able to connect with all the different personalities in our group to bring us together and help us innovate and collaborate new ideas. These tools will help shape our organizational culture. I would highly recommend this program and Trish because she gets results!"

Erin Dunham CEO, The Other Bird





"Trish's insights really did help my personal and business growth. I knew a lot of the theory on what I wanted to do; too much in fact. I needed a sounding board, someone who could provide insights, and help me weigh the various potential pathways. I could only trust, and value the insights of someone who had faced those challenges themselves, and had helped others like me. That was a hard thing to find, but Trish was recommended to me by someone I trust. So I'm passing on the favour with this unsolicited recommendation."

Colin Ferguson, SGH Studios



Surround yourself with those who push you to the next level and challenge you to be and do better.

Trish Tonaj is one of those influences in my life. She raised my own bar, opened a door to a new opportunity and provided an introduction knowing that I can do it.

Her devotion to mentorship has raised the bar for all of us who are involved with her inspiring book *Breaking Barriers*. So wish for a person like Trish to enter your life, then hold on for the ride because you will be and do better."

Jennifer Kelly President, Nimble Quotes



Get in touch with Trish, Phaze2Wellness

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Twitter: @phaze2wellness



A LITTLE MORE ABOUT TRISH TONAJ

Where you are you located?

I am developing a practice with no geographical boundaries but currently reside in Hamilton, Ontario.

How do you connect with clients?

In today's business climate; flexibility is key: in-person, phone, FaceTime and Zoom.

What are your hobbies?

One of my hobbies is "art" - I love to paint. It fuels my creative energy and encourages an expression of my authentic self. The medium is acrylic, genre is contemporary and travel is my inspiration!
(Featured throughout)

Certified Coaches Federation

CERTIFIED COACH PRACTITIONER™

About Us



The faculty at the Certified Coaches Federation™ believe that the primary criteria for anyone to be qualified to be a Life Coach isn't a course as much as it is the lessons they've learned from life, including lessons from victories and losses, frustrations and all the events that have given them the ability to offer perspective. Our students tend to be more experienced, confident and know that a good Life Coach Training Program need not be too time-consuming or complicated.

One of the reasons over 12,000 coaches have chosen the Certified Coaches Federation's programs is because they've realized that effective coaching tools and language can be free from unnecessary jargon. Our Life Coach Certification Programs have received the highest recommendations worldwide. Find out for yourself why the Certified Coaches Federation™ is known as one of the best Life Coach Certification Training organizations in the world!



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COURSES

CERTIFIED COACH PRACTITIONER™

Our two day intensive Life Coach and Executive Coach Certification Training Program provides new and seasoned coaches alike with leading edge coaching and business development skills to naturally ensure your long term success in this rewarding, expanding profession!

CERTIFIED MASTER COACH PRACTITIONER™

The Certified Master Coach Practitioner™ Course is an advanced Business Development Training Course offering a comprehensive platform designed to provide coaches with the systems, strategies and revenue-generators to build a thriving and lucrative coaching business.

Visit the website for a full list of courses

www.CertifiedCoachesFederation.com

