



# CCF

# SUCCESSSES

## TRAINER EDITION

**ADALE  
BOUDREAU**

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**BARRIE, ON TRAINER**



**CERTIFIED COACHES FEDERATION**

**A**dale Boudreau joined the Certified Coaches Federation team in October 2019. She is now the Certified Coach Trainer of the Certified Coach Practitioner course in Barrie Ontario.

We're thrilled to introduce you to Adale! Adale is fun and energetic - we hope you enjoy getting to know her here on the Trainer Edition of CCF SUCCESSES!

## What inspired you to become a Certified Coach?

My personal struggle with my weight, picking the wrong type of men to name a just a few! Overcoming these issues allowed me to truly begin to live authentically and my life flourished. After experiencing these personal transformations, I had an awakening and I owed it to others to share my success and guide them to unlock their greatest potential.



# How did you determine your coaching specialty?

I purchased a weight loss franchise and quickly had the privilege of helping hundreds of others in their personal fitness transformation.

My passion for enhancing others' lives continued to grow and I became a Certified International Matchmaker.

After co-creating New Beginnings Matchmaking, I recognized a need to help individuals who struggled moving forward from their past, staying in stagnate relationships, or lacked overall self confidence.

To support the growing demand for an all-encompassing personal coach, I obtained a certification as a Life Coach through Certified Coaches Federation and began to tie my many journeys into one final destination - abundance and personal freedom for others.

# What is unique about you and your coaching business?

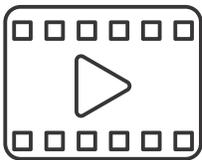


My business background coupled with my personal trials and tribulations enables me to coach others on how to get out of their own way by using a variety of tools to enhance health, fitness, relationships, financial wealth and business.

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

Being authentic and real. Video, Video, Video! It allows one to show their true, genuine self.

I want to work with people who resonate with me. Video allows me to connect with people like no other platform.



**VIDEO, VIDEO, VIDEO!**



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

Getting in my own way! I think this is true for any business and life in general.

This is why we all benefit from having our own Coach - someone who helps take the blinders off and reminds us how brilliant and unique we all truly are!

Someone who holds us accountable to the goals we have set for ourselves.



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

It has given me all the tools necessary to create a coaching business (knowledge, client contracts, monthly webinars, peer support, etc.).

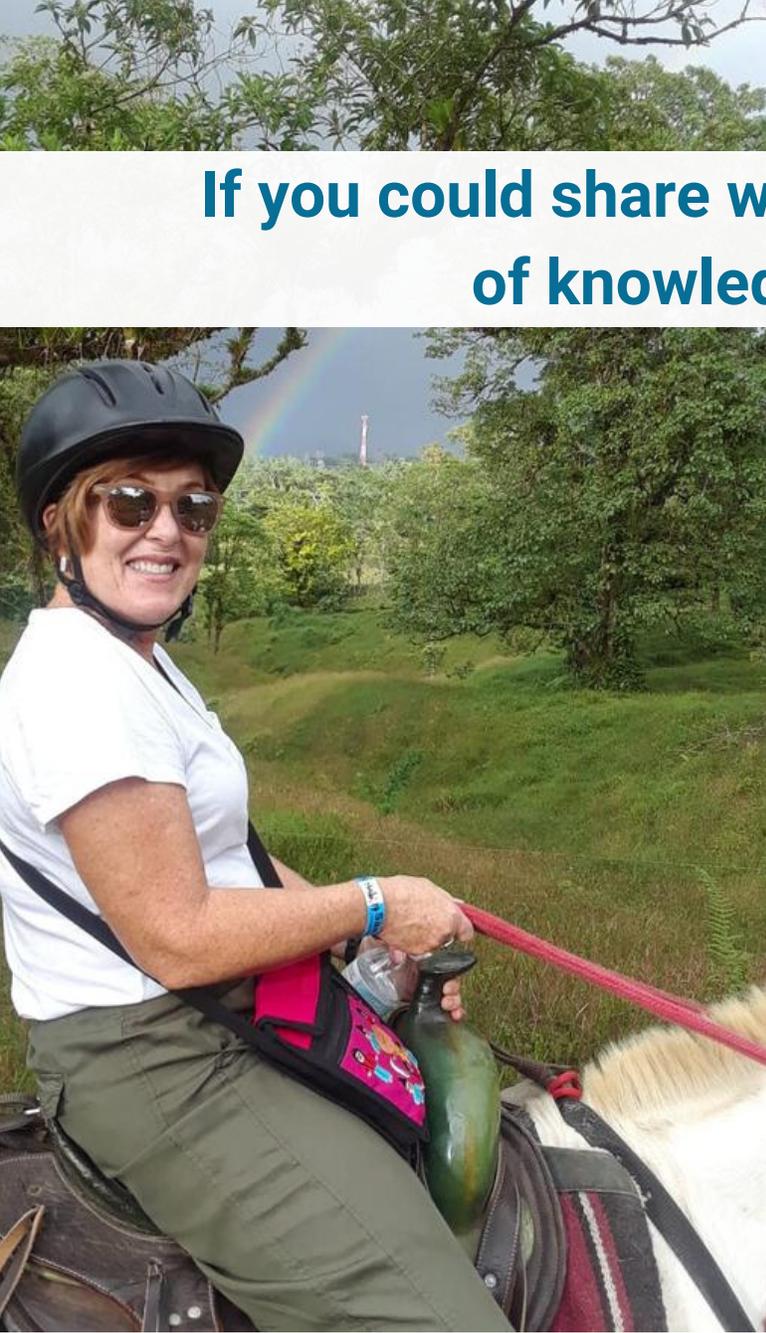
I would recommend everyone take the level 2 course, Certified Master Coach Practitioner course. Even though I owned a weight loss business for 17 years I found this next step really propelled me forward in my coaching business.



### FUN FACTS ABOUT ADALE:

**Hobbies:** Sitting in front of the fire every weekend from May – Oct reading knowledge-based, self-empowering books and spending time in my home in Costa Rica during the winter months, reading knowledge-based self-empowering books ;-).

**Fun fact:** I live in an airplane hanger so my husband can visit his plane nightly. ;-)



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

**Believe in yourself!  
And get your own  
coach!**

**Adale in a nutshell:**

I'm an Entrepreneur, Health & Wellness Coach, Certified International Matchmaker, Certified Life Coach, Certified Law of Attraction/Allowing Your Success Coach, Healthy, Wealthy and Wise® Member & Coach, Step-Mom, Wife and life-long learner.



## What some of Adale's clients are saying:

*"I came to Adale with curiosity on what life coaching had to offer me different from general counselling. Now, it wasn't the greatest time in my life as I was also grieving a recent cancer diagnosis of a close family member. But I pursued anyway as I was determined to figure out what was holding me back. Am I ever glad I did! Through her expertise and listening skills, Adale was quickly able to help me see myself and my future in a much clearer way! She was able to provide me with powerful suggestions and homework as well as book suggestions that were really key into overcoming the standstill feeling I was experiencing. In just a short time, I've made more personal growth with Adale than I have in years! She was definitely pivotal in helping me live my best life ever! And for that I am grateful! Thank you Adale! Xo"*  
- N. Richer, Sturgeon Falls, Ontario

*"I started working with Adale as a Life Coach and wasn't sure what to expect. Since the beginning of my work with Adale, she has been an exemplary professional coach. She exhibits a unique sense of interest in my life and her insights and direction are always on target. I feel very supported and championed in the attainment of my goals. She has been a vital resource to me and I look forward to our continuing relationship. She helped guide me to surround myself with people and tasks that were good for me and for my goals while eliminating the energy involved in tasks and relationships that were not. Although my focus was on past relationships and relationship with my son, I found that looking at how I think and what I believe, and setting goals and formulating steps to achieve these, with the guidance and encouragement of Adale, has brought me a degree of success and happiness, which I hardly believed would be possible at the beginning of my journey. It has changed my outlook on life and possibilities, and given me the insight and skills to continue the journey forward on all fronts.*

*I highly recommend Adale to anyone, whatever age or stage in life that you are at."*  
- S. Pawson, North Bay, Ontario

### Get in touch with Adale:

Empowerment Coaching with Adale Boudreau

**Website:** <https://healthywealthyandwiselife.com>

**Facebook:** [www.facebook.com/empowermentcoachingwithadale/](http://www.facebook.com/empowermentcoachingwithadale/)

**LinkedIn:** [www.linkedin.com/in/adaleboudreau/](http://www.linkedin.com/in/adaleboudreau/)

**Instagram:** [www.instagram.com/adaleboudreau/](http://www.instagram.com/adaleboudreau/)

# 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 13,000 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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**Instagram:** [@certifiedcoachesfederation](https://www.instagram.com/certifiedcoachesfederation)

**LinkedIn:** [linkedin.com/company/certified-coaches-federation/](https://linkedin.com/company/certified-coaches-federation/)

## 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](http://www.CertifiedCoachesFederation.com)**

