

## A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power to assist you to Live a Fantastic Life.

If you want to *Live a Fantastic Life* you will need to be disciplined, focused, determined to succeed and be willing to do whatever it takes to achieve your goals. You will need to identify what's important in your life, what's not important and what can be shelved. You will also need to develop strong Personal Boundaries, learn how to develop a plan, stick to it and to make yourself a priority.

### Outcomes

*"Thank you very much for IF IT'S TO BE: It's up to me. It's brilliant. I have only listened to it once but it was enough for me to make some big decisions."* Zac

*"Your book is outstanding and I will work the program myself. I also have a list of people I want to introduce it to. Will need to purchase many more and supply them to these people."* Noel

*"Sometimes you look at others and wonder why they are living such a fantastic life when yours really seems mundane. After listening to this book my whole outlook changed and I realized that, I could too live a fantastic life. Just by changing a few of my "well entrenched habits" I could start to do the most fantastic and inspiring things. Thank you IB Coaching."* Sarah

**MERYDITH WILLOUGHBY** loves life, loves people and loves learning. She has combined each of these elements and works with business and individuals in Australia and USA as an Organization Development Consultant. Merydith has worked literally from boardrooms to the grass roots level of society. Her approach is based on keeping it simple, to focus on building competencies, to inform, to involve and to engage all stakeholders. She then measures, monitors and manages key result areas.

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IF IT'S TO BE -It's up to me

Merydith Willoughby

# IF IT'S TO BE: It's up to me IF IT'S TO BE: It's up to me IF IT'S TO BE: It's up to me



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