



Life Enhancement Coaching

Scott Chesney will help you control your own destiny

Let the next journey begin! You remember, "life is a journey, not a destination," right? Well, Devotion to Motion, LLC, is taking the next step in its service to others by offering Life Enhancement Coaching™ and we want our Yes! family to begin to reap its benefits, now! From this moment forward, every new edition of Yes! Magazine will feature a section entitled, "Life Enhancement Coaching with Scott Chesney." Any questions, concerns, problems, challenges, obstacles, you name it will be addressed by me, as I utilise my life enhancement coaching skills and techniques and strategies accumulated from my two worldwide journeys to assist you in your life. As the great Indian legend Gandhi once said, "Let's be the change we want to see in the world!"

So what is Life Enhancement Coaching™? It is navigation through troubled waters. It is a tour guide through unventured territory. It is the locksmith who helps you unlock the door to the mysteries of life. It is your shadow that follows

you through good times and challenging times and never leaves your side. It is a reminder of a lifestyle that you have been seeking and deserve.

There are all different types of coaches around the world today. Life Enhancement Coaching™ is a type of coaching that focuses on all aspects of your life on which you are seeking more clarity or closure. You are the keymaster, the director, and the captain who determines the path or the direction. I will simply provide you with options, unlimited choices, and guidance along the way.

Life Enhancement Coaching™ teaches you how to help yourself and maintain the energy necessary to advance your life. This type of coaching is not about dependency. You will begin to feel empowered and understand that you call the shots and control your own destiny.

Every single person that has been placed in your life for a specific purpose is a Life Enhancement Coach if you choose to see it that way. How you interpret the message that each person has for

you is your decision. Ultimately, it is you who is making the choices in your life. Knowing that it is you who has the ability to choose must feel somewhat empowered, right? If it does not at this moment, trust me, it will!

In my two worldwide excursions, I was very fortunate to connect with millions of people from all walks of life. There was a time when I thought the world was so immense. Now, I can honestly say just how small it really is.

You see, everyone in life is a seeker... everyone. The mystery of life is the diversity in which we all go about our own personalised seeking. Some are seeking this while others are seeking that, and so on. That is what makes the world so fascinating and to me, a series of endless adventures. How boring would this world be if we were all seeking the same thing?

At some time in our life I do believe that we all seek two things - to love and to be loved. Some of us spend our whole lives seeking to be loved



photographs: (previous page) Scott and Pat under the gaze of the Sphinx in Egypt. (this page - from left) Scott tries out a gadget at Rehab 2000 in Finland. Scott and Pat feed a giraffe in Kenya; relaxing after a mud bath at the Dead Sea in Israel. (next page) Scott and Pat go Dutch in Holland.

and believe that we will never find it. How can we expect to find something that we have yet to find and give to ourselves, first?

As you probably can tell from my writings in the past year, I truly believe that everything in life can be traced back to the self. You can say, by bringing everything back to self it makes us all equal, but I would rather interpret it as each and every individual being unique. We don't have to be equal in all aspects of our lives because by being unique, we are making a statement that there is nobody exactly like you or me on the face of the earth. That should make everyone feel special and I like to say, relieved!

Benefits Of Life Enhancement Coaching™

Re-establish a connection...with yourself!

Learn how to re-create the "real" you.

Develop personal goals and learn how to achieve them.

Learn how to maintain and fulfill commitments to yourself and others.

Learn how to create time for yourself.

Learn life enhancement techniques and strategies of happy and highly successful people.

Learn how to detect, understand, and manage your emotions, i.e. depression, anger, jealousy, etc.

Build self-confidence through self-discipline.

Build the mind and body of your dreams through the development of a new belief system.

Learn how to build rewarding and lifelong relationships with yourself and others.

Learn how to recognize and reduce stress.

Discover the importance of silence and stillness and how to integrate them into your life.

Create a new, more empowering vocabulary.

Learn how money, relationships, parenting, career, school, body image, and all other aspects of life are created by you and are resolved within you.

Learn about complementary/alternative medicines from all over the world and how they can enhance your life.

Learn about worldwide travel destinations and the role they can play in enhancing your life.

Finally, locate answers to the question, "Who am I?"

Learn how to enjoy life... because you deserve it and owe it to yourself!

Friends, in each and every future edition of Yes!, I will be taking your e-mails or letters and providing coaching for you and all the other readers who may be seeking answers to those same exact questions.

There is no such thing as a stupid question. Every question allows us to rediscover a hidden aspect of ourselves and helps others in the process. It is about focusing on the positives of your life. That is why this type of coaching is so empowering, so motivating, so honest, and so life-altering. By committing to Life Enhancement Coaching™ you are honouring yourself, helping others, and opening up your world of unlimited opportunities. Yes! Magazine is the perfect vehicle to distribute and circulate this coaching and it is free!

Testimonials

"Scott's strength, courage, and ability to make such a difference makes one almost envious of him and in an ironic sort of way, want to actually be in his "shoes." He is a living example of how we can shape our destiny, and I think of him as a beacon of hope and a source of inspiration. He has made my group and me realise that the ability to reach out and make a difference lies within all of us."

Ayesha, 29, Psychologist, United Arab Emirates

"Scott has helped me to search my own soul for answers. He opens up new parts of my mind and has helped me identify problem areas in my life. His tutelage and guidance have helped unlock doors."

Larry, 30, Lawyer, United States

"I first met Scott in July 1999 when his devotion to motion tour stopped over in England, at this point our magazine, *Yes! Disabilities Positive Thinking Magazine*, was at a crucial development stage. Since that first meeting we have featured Scott's travels in each issue and we know that our readers have had great enjoyment as well as inspiration from his features. Scott embodies the very essence of the Yes! philosophy and has been a huge influence in the evolvement of the magazine."

Steve, 42, Director, United Kingdom

"Scott is such an inspiration to me and everyone around me with whom he has come into contact. He has set out on his mission and has succeeded in every way with his 'never say die' attitude. He is selflessly giving of himself for the good of others.

I am grateful for all that he has taught me and showed me about life. He is a modern day hero!"

Kurek, 39, Success Coach, Australia

"I have received much guidance and encouragement from Scott. His dedication towards his work is quite an inspiration to me. His inclination and belief in our Indian medicine, Ayurveda has instilled faith and hope in me to dream an impossible dream."

Neenu, 29, Volunteer, India

"I spent a week with Scott and quickly felt his healing of my thoughts of why me, concerning my spinal cord injury. He has an ability of relating to me even though I am more than twice his age. Scott's knowledge, and experience with paralysis qualifies his program to be an extension of one's rehabilitation."

Jack, 63, Retired, United States

"From the day I came to know Scott, things have changed for the best. I am proud to say that he is the one who has made me come out and face the world in a wheelchair. I just keep in mind his teaching that the 'past is history, the future is a mystery and the moment is the gift or the present.'"

Muhib, 33, Operations Manager, Kenya

"Scott's profound insight helped me to empower myself to make the very best of my life. I have learned to turn my back on anger, frustration, and bitterness and try to maintain a positive attitude. He has helped me to accept my body and love it just the way it is."

Shahimah, 45, Art Gallery Director, Malaysia

"Scott's talks are organic fertilizers that strengthen our roots. I have learned from him that the real disabled people are those who have immobile

minds in mobile bodies. He has taught me that I can achieve success if I draw inner energy instead of locking myself in material limitations. Every moment I spend with him I step forward in my life."

Dr. Indulal, 30, Ayurvedic Physician, India

"Many times in my life when I am at a crossroad, have dilemmas, or nothing is going well, I think of Scott and all the messages he continually sends me. He fills me with hope and is a light when everything appears to be dark."

Vasilis, 30, Industrial Engineer, Greece

"I am so impressed with Scott's ability to use both his heart and head when connecting with others. His keen intellect and incredibly wise heart will guarantee a wonderful outcome for all those who seek his help. He is a person who truly knows how to lead by example."

Jan, 45, Psychologist, Australia

If you or someone you know is seeking guidance in their life, please e-mail me at chesney@attglobal.net with your question, comment, or challenge or send your questions to **Yes! Magazine, 36 Avenue Road, Hartlepool, TS24 8AT, United Kingdom**. Please note that all e-mails and letters posted in the magazine will be posted in the upcoming editions with only the individual's first name and his or her age to insure privacy. If you do not wish for your letter to be posted, please state so in the letter. Your e-mail or letter will still be answered with Life Enhancement Coaching™.

Always remember to "Shoot for the moon... even if you miss, you'll be among the stars!"

Thanks for listening and I look forward to your e-mails and letters.

Scott

So, who is Scott Chesney?

At the age of 30, Scott Chesney has certainly had a lifetime of adventures and global schooling. He is a two-time world traveller, visiting over 30 countries in three years while studying human behaviour, researching complementary medicines, providing life enhancement coaching both in-person and online, and sharing his experiences with over a million individuals through motivational and inspirational speaking engagements.

His first worldwide journey in 1997 was a personal crusade of self-discovery which allowed him to address his past, reinterpret it, and release it so he could begin to fulfill his true purpose in life, service to others. He packaged the lessons and messages from the first journey and with the assistance of his wife, Pratiksha, created "The Devotion to Motion World Tour", a 26 country, 14 month journey to further research into improving the quality of life for others. Their message reached over 50 million people worldwide.

Scott's desire and passion to travel and explore the world evolved out of a life-altering experience that transformed his life on December 28, 1985. Within 48 hours, Scott was left paralyzed from the waist down to his toes from a rare stroke in the spinal cord that interrupted his life without any warning. Fifteen years later, Scott, a Seton Hall University graduate, has founded the Devotion to Motion, LLC, in New Jersey, USA, where he focuses on coaching people on how to empower themselves so that they can begin to live the life for which they are so deserving. He continues to speak publicly to individuals from all walks of life around the world, motivating and inspiring them to maximize their true potential.

In addition to launching the centre, Scott is writing his first book about his life experiences and adventures and is a columnist for a positive-thinking magazine entitled, "Yes! Magazine," in Europe.

During his leisure time, Scott cherishes the moments spent with Pratiksha. He also enjoys meditating, mentoring children, reading, writing, exercising, and being outdoors. He and Pratiksha reside in New Jersey.

