

LABEL HERE

Personal coaches offer lessons on living

When Roger Livermont was recovering from cancer, dealing with divorce and leaving his bank job to become a contractor, his life was not what he wanted it to be.

"I needed someone without their own agenda to help me manage my life," Livermont recalls.

So Livermont hired a life coach, a Dr. Phil on call. Someone to feel his pain,

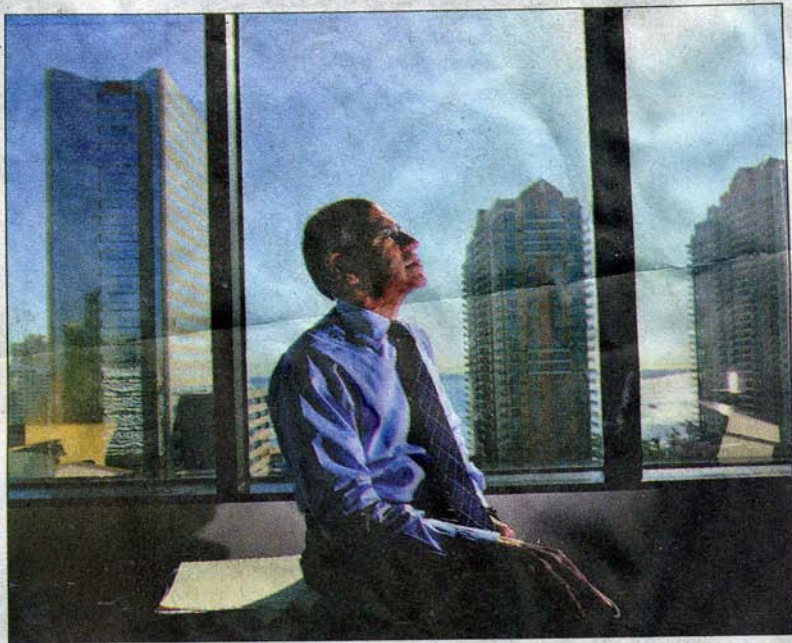
map out his future, strategize steps to get him there.

With so many of us overwhelmed in our jobs or relationships, the concept of having a personal coach has appeal. Once reserved for executives, personal coaches are trickling down to the average American worker struggling to build a small business, get out of dating rut, restore balance



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CHUCK FADELY/MIAMI HERALD STAFF

BIG PLANS: Monte Kane hired a business coach to help him build his Miami accounting firm and his stature in the community. 'He helped me think outside my comfort zone,' Kane says.

TURN TO BALANCING ACT, 6C

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