

## Optimum Times Life Coaching

**Miranda Gray has a New women's success and achievement life-coaching course, using the *Optimum Times* of the menstrual cycle.**

**Women's Wisdom Life-coaching course** shows how to apply self-development and life-coaching techniques to the *Optimum Times* of the menstrual cycle to enhance their effectiveness and create a monthly self-coaching plan of achievement, success, increased confidence and well-being. Designed to be practical and applicable to both work life and the home, the course brings the menstrual cycle into the mainstream world as a powerhouse of resources and tools for achievement and self-empowerment.

The main focus of the course is a daily plan of life-design and belief-change exercises based on the *Optimum Time* abilities. The course modules are delivered via email in tune with the student's own personal cycle. Tools learned in the course are adaptable for any type of cycle, whether natural or medically managed, regular or irregular, as they are based on personal experience.

### **How the course came into being:**

"The menstrual cycle has been a major influence on my working life. Since starting out as a freelance illustrator and noticing that my natural painting style changed with my cycle, I have been passionate about understanding the menstrual cycle, its place in women's lives, and how to use it as a positive tool in everyday life.

"My initial book '*Red Moon*' looked to mythology and folklore for images and concepts which could be used by modern women to understand and interact positively with their cycles. **But it took ten years of applying my understanding of my own cycle in the business world to answer the question 'What use is my cycle if I don't want any more children?'** The '**Women's Wisdom**' course and the forthcoming '**The Optimized Woman**' book is the answer.

"The menstrual cycle is a huge unrealized resource of skills and abilities; unrealized by women themselves, by business and by society in general. The menstrual cycle needs to become part of the mainstream for all women to reach their full potential, to succeed and achieve. How do we do this? We show what can be done when we work with our *Optimized Times*.

"My hope is that if just one woman notices that she is better able to do one thing at a particular time each month and applies it practically and regularly to her everyday life, the success that she creates will be the catalyst for more women to bring their cycles into the workplace and to apply it to their dreams."

### **The course covers:**

- Why standard life-coaching and self-development approaches fail for many women.
- What are the *Optimum Times* and their enhanced abilities?
- Understanding and applying the natural life-coaching pattern within the menstrual cycle.

- Using and adapting goal-setting and motivation techniques throughout the cycle phases to maximize success.
- Adapting belief-change techniques to each phase to enhance effectiveness.

### **The daily plan enables students to:**

- Work with a goal throughout their cycle to experience the effectiveness of the techniques.
- Identify how their needs, priorities, feelings, abilities and skills, change during the month.
- Use their cycle to change limiting beliefs and release resistance.
- Understand and increase awareness of their own *Optimum Time* skills and abilities.
- Practically apply skills to enhance their lives.
- Plan activities in tune with their *Optimum Times* to excel.
- Understand their deepest desire and take action towards it.
- Understand PMS, the patterns behind it and the powerful self-coaching and achievement tools it offers.

### **About Miranda Gray**

Miranda Gray is the author of '*Red Moon. Understanding and using the gifts of the Menstrual Cycle*' and '*The Optimized Woman: Using the Menstrual Cycle to create Success and Fulfillment*' to be published in June 2009.

Miranda is also a published artist, an alternative therapist and the Creative Director of a multimedia company. Miranda lives in the UK and offers international talks and workshops.

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