



### FREE COACHING SESSION

For new clients who are looking to explore the world of business coaching, we are currently offering a free, introductory coaching session.

Learn more in one meeting than most learn in a year!

*Contact Us Today.*

### MEET OUR COACHES

**Tonya Page**  
Area Director

**Courtney Kerrigan-Hanle**  
Marina Del Rey

**David Kharns**  
Long Beach

**Michael Preston**  
Sherman Oaks

**Ben Pumphrey**  
Newbury Park

### FEATURED ARTICLE

#### Procrastination Kills (-9) Business Growth

In this article by FocalPoint Business Coach **Tammy Schembari**, the dangers of procrastination are explored and discussed. [Procrastination Kills \(-9\) Business Growth](#) looks at:

- Lost Time
- Missed Opportunities
- Bad Reputation
- Falling for Procrastination



[Read Tammy Schembari's LinkedIn Pulse .](#)

### FEATURED ARTICLE

#### 'The Martian' and the Psychology of Success

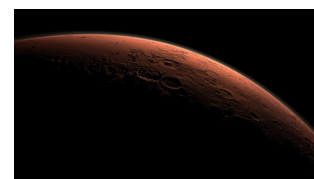
In her article, ['The Martian' and the Psychology of Success](#), FocalPoint Business Coach

**Courtney Kerrigan**

**Hanle** discusses some important lessons for our personal lives, businesses, and for our own success.

While drawing connections between the modern film, *The Martian*, and executive coaching theories, Courtney identifies essential elements of motivational strategy.

[Read Courtney Kerrigan Hanle's LinkedIn Pulse.](#)



Tammy Schembari

Claremont

Madelon Wallace

Woodland Hills

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## Tonya Page Featured on "Champion Entrepreneur"

FocalPoint Executive Business Coach, **Tonya Page**, was recently featured on "Champion Entrepreneur" with host Coach Anthony Witt.



Tonya's topic was entitled "*Invest In Yourself*," and she spoke on the importance of investing in yourself in terms of time and growth, each and every day.

- Goals, Systems & Habits
- Long Term Focus
- Exit Strategy
- Defining Success

[Listen to the full interview.](#)