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Helen Roditis


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LITE Up
YOUR WORK and LIFE



*6 Essentials to Expressing
Your Full Potential*

HELEN RODITIS

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Helen Roditis : LITE Up Your Work and Life: 6 Essentials to Expressing Your Full Potential before purchasing it in order to gauge whether or not it would be worth my time, and all praised LITE Up Your Work and Life: 6 Essentials to Expressing Your Full Potential:

1 of 1 people found the following review helpful. Compact and Complete! By Joe Zaniker I have read this book three times: the first time I skimmed it in about 90 minutes, then went back and reread it over several weeks and did many

of the exercises, then did one more pass this last weekend. The book is really meaty for being only 122 pages. It focuses on six elements of living a full, rich life but she is very succinct in her description and elaboration of each. More importantly it's practical, and I found it easy to integrate the concepts into my life. Some of the six areas I have come to understand need a lot more of my attention (like intellect - which was a bit humbling for me). Very useful and helpful. 0 of 0 people found the following review helpful. great read By tuti 123 this book covers a lot of territory in a short book but explains things well that a layman can understand them. it teaches you to love yourself and value yourself and forgive yourself for mistakes made but move forward by making changes in some of the things you need. 0 of 0 people found the following review helpful. A Mind Soul's Core Workout! By Trin Ronin A must read and excellent resource/reference guide! Clear, easy to understand writing, I found the exercises very helpful in the office for my career people skills, and great coaching for when at home self-reflecting on the essence my life's journey so far. This book is a mind soul's core workout!

LITE Up Your Work and Life will move employees and business owners through the Circle of LITE, a unique and holistic coaching model designed by Helen Roditis. Roditis based this model on her professional experience in coaching hundreds of clients one-on-one or in groups, and her own life experiences. A common theme began to show up in her client engagements: a holistic and integrated approach to working and living is missing in today's workplaces and individual lives. The Circle of LITE integrates the essentials of work and life to help bring out people's full potential wherever they are.

About the Author Helen Roditis, ACC, a member of the International Coach Federation, brings over twenty years of diverse experience in corporate finance, marketing, consulting and coaching. Since she founded essence coaching in 2008, Helen has delivered her leadership and team coaching programs to hundreds of professionals and business teams, either one-on-one or in groups. Her strong business acumen, integrity, and warm personality build immediate trust, and empower her coaching clients to be their full potential. Her articles Empower Your People and Reap the Rewards, Proactively Managing Employee Stress, and Demystifying Career Transitions have been published in business magazines and on lifestyle websites. Visit Helen online at www.helenroditis.com.