

## Helping professional women accomplish BIG goals guilt-free!

### Victoria Cook, ACC

After an 18+ year career in corporate America as a change agent bringing the organization missions and visions to reality, Victoria started her own successful coaching business. While working with professionals and business owners she found they desired a systematic approach and strategic focus for achieving their big goals. Using her expertise in time management, project management, strategic planning and her experience building her own business, Victoria created The Guilt-Free R.E.S.U.L.T.S Systems™.



Through coaching, classes, and workshops, Victoria helps professional women accomplish huge goals guilt-free. As a coach, Victoria sees her role as a catalyst to help her clients identify and implement greater self-care and her 7 step system for creating the guilt-free results they desire.

*"Victoria Cook's...**experience, intelligence, wit, humor, and holistic guilt-free coaching skills are talents I treasure and greatly appreciate. Additionally, my revenues have increased consistently and steadily as my focus has since we started working together.***

*I am very happy with my decision to choose Victoria as my coach at this time in my life. My family, office staff, and friends will testify to the **forward motion in all areas of life** that have occurred since I began working with Victoria."*

- Dr. Bernadette Kohn, Doctor of Osteopathic Medicine  
Kohn Integrative Medical Group

### Victoria's Speaking Style:

Victoria leads her audiences with a dynamic, fast-paced mix of very practical how-to information delivered with a dose of inspiration and motivation. Her infectious energy and upbeat personality will help your organization and its members.

For a sample of Victoria's work, visit  
[www.TheGuiltFreeCoach.com/speaker](http://www.TheGuiltFreeCoach.com/speaker)

### TO BOOK VICTORIA FOR YOUR EVENT:

Victoria Cook, ACC  
847.516.0190  
Info@TheGuiltFreeCoach.com  
[www.TheGuiltFreeCoach.com](http://www.TheGuiltFreeCoach.com)

### What Client's & Participants are Saying:

*"Victoria Cook is a wonderful Coach and **dynamic speaker**. She has incredible instincts and the innate ability to cull through the white noise and get to the root of the log jam that prevents people from making forward progress.*

*Victoria is a powerful speaker that leaves **audiences engaged and ready for action.**"*

Mary Margaret Maule, Director  
Illinois Small Business  
Development Center  
McHenry County College

*"Victoria Cook has been an active member of the McHenry Chamber for several years.*

*Her talent and professionalism are a valuable asset to us. Victoria's presentations on topics such as marketing, developing inner strength, and overcoming fears and limiting beliefs are always well attended by Chamber members. Her recent presentation of 5 Keys for Creating a Strong & Empowering Inner Strength garnered high attendance as well as high praise. **Many ladies were inspired to action immediately** after the presentation.*

*When speaking **Victoria always shares practical information** participants can **immediately put into practice**. I whole-heartedly recommend Victoria as a **dynamic speaker** and know that inviting her to share with your organization or members will be a true benefit to all."*

Kay Rial Bates, President  
McHenry Area Chamber of  
Commerce

## Victoria's most popular and requested programs:

### 5 Keys for Creating a Strong & Empowering Inner Strength

Having inner strength is **MORE** than just attitude. It's about your **WHOLE** mindset both conscious and unconscious! Victoria Cook, The Guilt-Free Coach, will share her 5 Keys for Creating a Strong and Empowering Inner Strength. At this powerful seminar, you will learn:

- Victoria's 5 Keys
- how the ongoing inner battle affects inner strength
- what core beliefs and fears might be holding you back
- the beginning steps to combat the negative playlist in your mind

### Develop Your Inner Strength Workshop

If you've attended 5 Keys for Creating a Strong & Empowering Workshop and wanted more, this is a terrific follow-up. During this 3-hour interactive workshop, Victoria will go into depth on each of the 5 Keys for Developing Inner Strength. This session will give you the time and tools to implement what you've already learned and much more. This event is ideal for professional women who wish to:

- master their inner dialogue for greater success
- eliminate excuses sabotaging their actions
- connect with a greater sense of purpose
- make choices and form habits that empower and strengthen

### Other popular topics:

- 3 Keys to Guilt-Free Goal Setting
- 5 Steps to Guilt-Free Success
- Claiming the "I" in Time
- Reset Your Priorities for Exponential Success
- Work/Life Balance - - It CAN Exist!

**To Book Victoria For Your Next Event:**

**Info@TheGuiltFreeCoach.com**

**847.516.0190**

*"When Victoria spoke for the Professional Business Women of Illinois, I found the presentation was packed with **useful tips, tools, and information**. After attending I was **motivated to sit down and work on setting goals** and had the tools to help devise a plan for implementing them – thanks to Victoria!*

*I have found Victoria to be very professional, punctual, and **delivers what she promises**. I would definitely recommend her to professionals that are interested in stepping it up to the next level."*

Ginger Imes, Producer  
DS&P Insurance Services, Inc.

*Thank you for your wonderful presentation for our women's retreat. The **content was so perfect, practical** and beautifully presented. Your **speaking style is comforting while informing**, not to mention **totally sincere**. You are so enjoyable, it's like listening to a wise best friend. Personally it was such a pleasure working with you.*

Nancy Flynn & Patti Foss  
Living Lord Lutheran Church  
2009 Women's Retreat  
Coordinators

### Partial List of Previous Speaking Engagements:

- Women's Interactive Networking Group
- Women's Leadership Network
- Barrington Area Professional Women
- Four time McHenry Chamber Sales Roundtable Luncheon Speaker
- GLMV Chamber of Commerce
- YMCA Snaps to the Staff Event
- DS&P Insurance Services
- Marketing Innovators
- Wolters Kluwer
- Dade Behring
- DS&P Insurance Services
- McHenry Public Library Board
- Fox Valley Country Day School
- Algonquin Lakes & Sleepy Hollow Elementary School's Institute Day
- Mother's & More of McHenry County
- 4C Appreciation Brunch (Community Coordinated Child Care)