

For Immediate Release

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# **MYPRIVATECOACH.COM'S VALERIE VAUTHEY DEMONSTRATES NO. 1 SUCCESS, GROWTH AND UNSTOPPABLE COACHING SOLUTIONS FOR FITNESS, BUSINESS, LOVE, DATING, AND MORE!**

**Coaching Guru's Signature "Ultimate Daily Fitness & Diet Plan"  
Praised as Indispensable Tool For Remaining  
on Track For Healthy, Rapid Weight Loss**

***"Your best dieting companion... the perfect fitness gift to yourself!"***

**– SHAPE MAGAZINE**

***"A coach may very well be the guardian angel you need to rev up your life!"***

**– MONEY MAGAZINE**

(LOS ANGELES: September 13, 2004) – Giving the whole concept, and industry, of “coaching” a revolutionary new spin and full-throttle approach, **MyPrivateCoach™**, also recognized as **MyPrivateCoach.com**, continues to prove its growing track record on a track that didn't otherwise exist, until its launch of barely one year young, last November. The growth of MyPrivateCoach continues to be largely challenged by its very own Founder and CEO, **Valerie Vauthey**.

“When I started ‘MyPrivateCoach’ last Thanksgiving, I felt this was the perfect time to demonstrate my own gratitude for life’s challenging trials and tribulations,” states Vauthey. “I essentially put this gratitude into action by creating a special coaching solutions website for everyone’s benefit. I had said, before its official start-up, this would be revolutionary... and today, looking at our tremendous growth and client success stories, I am happy to report we have surpassed last year’s projections. Truly revolutionary!”

Vauthey’s less-than-conservative forecast for her young company has not only become a proven metric, but an observable platform for continuous measuring of its compounded rise in an industry, which otherwise remained unchallenged, or faceless, until Vauthey’s groundswell impact became more apparent in the marketplace.

Offering nothing short of award-winning coaching programs, with a team of certified coaches, a MyPrivateCoach client is certain to find a solution that benefits every aspect of their life; chockfull of coaching programs for Business, Love, Dating, Relationships, Life, Creativity, ADD/ADHD, Organization, Stress Removal, Time Management, Goal Setting, Public Speaking, Fitness, Weight Loss, Web Marketing, and Raw Foodism Coaching, among so much more. Such special features include...

***One-on-One Support, Daily Power Boosts, Ultimate Daily Fitness and Diet Log, 30-Day "Get in Shape" Boot Camp and 30-Day "Organize Your Life" Boot Camp, Fitness Data, Humor Coaching, 100 and 1 Key Factors For Success, Personalized Assessments, Advance Mentoring, Successful Mind Training, Assets and Liabilities Exercises, Teleclass Series, Personalized Meal Plans, Career Testing Tools, Life Coaching, and yes there's even Weight-Loss Surgery Coaching!***

Imagine that: now people can trim the fat, without losing the valuable coaching which got them through it; now recognized as MyPrivateCoach!

DID YOU KNOW... *The average MyPrivateCoach member has spent approx. \$5,000 per year over the past five years on diet programs, generally regaining more than they lost. This is taking into account how much they had spent in their quest to be leaner – including diet books, special foods, shakes, group meetings, gym fees, etc. Fad diets continue to make people count calories and weigh themselves compulsively, without addressing their specific needs.*

"Diet gurus want to keep people addicted forever, since they don't want to lose their business. None of these diets offer daily personal support," says Vauthey. "Before 'MyPrivateCoach' started better defining the whole concept and value of coaching, this industry was not truly recognized by consumers, remaining in the 'gray matter' sector of business, if you will."

Her signature programs have rapidly become the definitive new cut in the coaching arena; far original from otherwise cookie-cutter practices.

Vauthey has also developed and perfected MyPrivateCoach's very own **MetaBoost Cards**, also known as "metabolism boosters," for *powering up* one's day in the areas of cardio, strength, flexibility, body alignment and de-stress training. From taking the right power steps, to crunches and squats, and many leaps forward in between, there's something here for everyone!

MyPrivateCoach's **"Quality of Life"** newsletter speaks for itself; featuring a healthy portion and highlights from the website, MyPrivateCoach.com. Next to creating their newsletter, Vauthey's voice continues to make headlines on today's most topical coaching issues:

***"Coaching – It's Not Just For Sports Anymore"***

***"No. 1 Worldwide Coaching Leader Publishes Study, 'How to Succeed in a Macho World'"***

***"How To Get In Shape Without Sweating"***

***"Overcoming Health Issues with Raw Food"***

***"Effective Time Management for Busy People"***

As with her revolutionary programs, Vauthey doesn't mince words: *"Don't get stuck in the doldrums of life. Turn your days into the lifestyle of your dreams. For every climb of your life, our coaches will take you there – one giant leap at a time!"*

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