

Every day is Game Day. . .

You get to determine whether you win or lose.

Let the Games begin!

Carlette empowers you to embrace change and win in life!

Carlette Patterson



- 20+ years of senior leadership in amateur, collegiate and professional sports organizations
- Worked for professional sports teams, coaches and athletes in the US, New Zealand and South Africa
- Currently the official Sports Life Coach of the Arizona State University Women's Basketball team.
- Developed Sports Life Coaching Courses designed to train retired, professional athletes and coaches to become Sports Life Coaches
- Created The Character Code Game, a life skills and character building game for children ages 8-12.

THE POWER OF PURPOSE

Are you ready to discover how you can use the great learning experiences you have had and the wisdom you have gained from them to make a difference in the world?

TRANSITION COACHING

Change and Win

Every day is Game Day. . .are you in the game or sitting on the sidelines of your life? Evaluate who you are, what you value & how you want to spend your time, money, & resources.

LIFE COACHING TOOLS FOR LEADERSHIP

Better People, Better Performance

Is everyone on your team, optimally performing? Become the catalyst for uniting your team into a single, selfless team that accomplishes optimum performance, personally & professional.

3D COACHING 4 SIGNIFICANCE

Using the Sports Paradigm to Build Championship Teams

3D Coaching 4 Significance is a three-dimensional formula that cracks the core value code and unleash the power of teamwork.

See what matters, invest in what matters, and then you can coach what matters.... this is the winning combination for sports and life.

"Carlette's energy is unparalleled. In fact, she literally lights up the room with her presence. Her years spent in highly competitive athletic training has made her disciplined and direct, she will take you to places you never thought possible. Carlette's sense of humor is endless, her warmth, genuine honesty and character reveal a woman who has been through the process of building and rebuilding a life worth living. She is a woman who has truly found her North Star. I am honored to have worked with Carlette and recommend her as your personal Life Coach to help you find your North Star."

– Dr. Martha Beck, New York Times best selling author, an innovator in life coaching, and a monthly columnist at O: The Oprah Magazine

For more information: www.carlette.com
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