



## No-Bull Life Coach Reveals Ace in Hole, Hands Productivity-Seekers the Answer

FOR IMMEDIATE RELEASE:

While some life coaches spend hours, weeks and even months probing emotions and digging for hidden issues, David Bohl literally hands his clients the answers from the minute they arrive on his website. The owner of REFLECTIONS Coaching LLC and champion of the Slow Down Fast Principle has officially announced his "ace in

the hole" productivity booster - a strategic partnership with Ace Concierge LLC and NH Virtual Assistant that will deliver practical, time-saving outsourcing solutions to his coaching clients.

According to David Bohl's website, <http://www.slowdownfast.com>, when we "slow down fast," we give ourselves permission to speed up. Meaning, taking extra time to stop, think, survey a problem from all angles and come up with an intelligent plan of action is far more productive than being in the back seat of a life driven by technology and constant communication. In other words: speeding along at the mercy of our PalmPilots may "feel" like we're getting a lot accomplished, but actually it's counterproductive to our goals. Outsourcing the tasks that we don't enjoy or are the least talented at allows us to slow down, get a perspective, and focus more intently and completely on what we do best.

Most of Bohl's life coaching clients seek him out with a desire to feel more in control of their own future. They want options that will bring more meaning and purpose into their lives and allow them to enjoy greater success while effectively managing the activities, people and events that occupy their time. Bohl's ideology and coaching solutions were developed in support of this need. His addition of virtual assistance and concierge services reflects his "no bull" approach to life coaching and lifestyle design. It lets clients know that he is a results-driven individual who not only supports the notion that "we simply can't do it all and be it all," but is willing to work through it toward a more satisfying outcome.

Better still, it reveals that rather than "milking" their problems and creating a relationship of codependence, he is 100% committed to offering viable, tangible, reality-based solutions that help his clients strike a balance between work, home, family, social life and personal pursuits. To a man like David Bohl, the answers are clearly within easy grasping reach. Says Bohl, "We must learn how to take those planning and team-building skills we learned in our corporate careers, and apply them to life in a holistic way. Outsourcing is the obvious answer for anyone who places a high value on his or her time."

David Bohl draws many parallels between the [life coaching](#) and virtual assistance/concierge industries. According to a recent marketing publication he developed in conjunction with ACE Concierge, "Both groups strive to recognize the broader implications of business choices, whether those choices relate to one's business, one's general approach to work, or one's life. Both groups seek to analyze the broader environment in which clients operate - to establish positive objectives that lead to improvements in the quality of life."

Virtual assistant and concierge services are designed to offer clients more leisure time by assuming those roles and tasks that create bottlenecks in their personal and professional lives. Services may range from administrative to secretarial, executive and technical support, to shopping, running errands, pet sitting and childcare and even hospitality and travel arrangements. Virtual assistant and concierge services are usually accessible 24/7 and provided by trained industry experts with years of professional expertise. Services may be acquired as issues arise or they may be scheduled on a regular basis.

For more information about David Bohl's life coaching and virtual assistance/concierge solutions, visit <http://slowdownfast.com>.

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