



## **JSG Action Coach Offers Both Virtual And In-Person Action Coaching**

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JSG Action Coach, a San Diego, CA based business coaching company run by Julie Seal-Gaustad, would like to inform business owners of how, when and where their coaching sessions are conducted. The company understands that many also wish to learn whether or not sessions need to be done in-person and if they can receive coaching at their own pace. People who run businesses often find themselves contending with very tight schedules, which is why there is such high demand for flexible coaching sessions. JSG hopes that clearing the air will make it easier for business owners to understand that a consistent coaching program is accessible.

San Diego, CA based JSG Action Coach business coaching (JSG) is taking steps to help business owners build a business that works FOR them, not because of them. The goal, as stated by this coaching company, is to own a business, not a job, and JSG is ready to share how this can be achieved.

JSG Action Coach coaches clients both virtually and in-person, depending on preference and necessity. Similar to the field of sports, JSG Action Coach believes that every business owner needs a coach who is available in real-time, who believes in them and who is not afraid to turn up the heat even when they might

have the instinct to slow down.

JSG's 1-to-1 coaching sessions consist of in-depth, personalized consultations twice per month. ?The frequency and duration of these consultations are customized and decided upon by you and your coach,? says JSG Action Coach. Coaches are also available in between sessions to review projects, answer questions - be available for those ?got a minute? times where a business owner could use an advisor. Clients also have access to hundreds of ActionCOACH-developed resources, tools, and training. JSG Action Coach also offers small group coaching, which as the name implies, is aimed at small groups. These sessions are held twice a month in groups of up to four businesses. This coaching package also includes support in between sessions during business hours, which includes reviewing projects, asking questions and more. Small group coaching, like all the other coaching packages offered by JSG Action Coach, is customized according to the stage of growth of the client?s business and what their long-term goals are.

Business owners who are interested in a fast-paced coaching and business education program can also join the ActionCLUB where members are coached in a group setting (with up to 12 other businesses). This program teaches best business practices and how to grow revenue and profits. It is a 14-week business re-education program where the group meets bi-weekly for live training, virtual or in-person. ActionCLUB offers business owners short-term coaching that does not interrupt normal working hours, while also providing an opportunity to network with other business owners.

Finally, for businesses in their first two years of operation, JSG Action Coach recommends the AdvisoryCLUB. ?The launch and start-up phase of a business is no joke, but if you have the tools, skills and the right coach and network, you can go faster and better than you've been doing it on your own,? says JSG Action Coach. ?Weekly sessions include business-specific topics like sales, marketing, team building, communications, advertising and more, all designed to help you build the foundation to take your business to the next level. In addition to the benefits of being a member of this group, you benefit by building your business contacts and database, offering another tool for you to grow your enterprise. This is because good people know good people.?

For more information on JSG Action Coach, visit their recent press release: <https://www.pressadvantage.com/story/52088-jsg-action-coach-for-entrepreneurs-helps-business-owners-get-higher-profits-more-freedom-and-better->. Parties interested in ongoing updates should visit their Facebook page, which can be found here: <https://www.linkedin.com/in/juliesealgaustad/>. Julie Seal-Gaustad has already helped hundreds of businesses not only grow but thrive and she is interested in helping others do the same.

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For more information about JSG ActionCOACH, contact the company here: JSG ActionCOACH Julie Seal-Gaustad (619) 361-8501 [juliegaustad@actioncoach.com](mailto:juliegaustad@actioncoach.com) San Diego, CA

## **JSG ActionCOACH**

*Increase Your Profit. Work Less. Live Better. I?ve Been There... and Then I Took Action. Sleepless nights over cash flow. Working nonstop without more profit. Struggling through overwhelm and fear. It doesn't have to be this way. Talk to a coach now.*

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