



LIFEWORKS

COACHING & DEVELOPMENT INSTITUTE



COACH INFORMATION SHEET

ANTHONY SADDY, BA, MS

SHORT BIO

Anthony is a results-driven coach who takes a straightforward, practical approach to personal and professional growth. He focuses on clarity, structure, and accountability, helping clients identify what they want, cut through distractions, and take the steps needed to reach their goals.

His coaching style reflects his own commitment to discipline, health, and balanced living. He integrates performance habits, daily routines, mindset work, physical wellness principles, and goal-tracking systems to help clients operate at a higher level. Sessions with Anthony are focused, energetic, and centered on progress. He is direct when needed and supports clients in staying consistent, organized, and motivated.

People who work with Anthony appreciate his clarity, honesty, and steady drive. He brings a strong work ethic into every session and encourages clients to develop healthier patterns, sharpen their decision-making, and build a life that aligns with their values and long-term goals.

www.LifeWorksCDI.com

coach@LifeWorksCDI.com

(603) 556-4360

EDUCATION

Concordia University Chicago *cum laude*
~ Bachelor of Arts in Psychology

Capella University *summa cum laude*
~ Master of Science in Clinical Mental Health Counseling

COACHING SPECIFICS

- Goal Setting and Achievement
- Personal Discipline and Accountability
- Stress Management and Daily Balance
- Health, Wellness, and Lifestyle Optimization
- Confidence and Self-Direction
- Communication and Interpersonal Effectiveness
- Career and Performance Development
- Men's Personal Growth and Identity Work
- Routine and Habit Building
- Life Transitions and Forward Planning

AGES

POPULATIONS

- | | |
|----------------|------------------|
| • Young Adults | • Individuals |
| • Adults | • Couples |
| • Elderly | • Group Coaching |

COACHING FRAMEWORKS

- Action-Focused Coaching
- Accountability and Progress Tracking
- Strengths-Driven Personal Development
- Performance Habit Development
- Values-Aligned Goal Setting
- Growth Mindset Coaching
- Health and Lifestyle Integration
- Structured Problem-Solving Approaches
- Behavior and Routine Optimization
- Purpose and Direction Coaching