

Press Release

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For Immediate Release

Zarvos Coaching and Consulting Graduates Impact Local Community

(INDIANAPOLIS , INDIANA November 18, 2009) In a world in need of more help, support and people committed to making a difference - Zarvos Coaching and Consulting is making an impact. Jim and Nora Zarvos, co-owners, have been coaching and facilitating workshops in Indianapolis since 2002. Their Breaking Through curriculum, and Vision in Action (VIA) leadership program, focuses on personal accomplishment, teamwork, transforming yourself and others and Community Service. Zarvos Coaching and Consulting programs are designed to help participants define the important objectives for their lives and then create the changes necessary to achieve their goals. As participants focus on living from intention and improving their world from the inside out, they also become empowered to be that force for change in their local community.

Recent “VIA Leadership Groups” have conducted community service projects that include:

- Raising \$50,000 and building a Habitat for Humanity Home
- Supplying over 2 million meals to Indianapolis' homeless population (ongoing)
- Designing and renovating the St. Mary's Preschool playground
- Remodeling the Indiana Youth Group halfway house for teens
- Painting and remodeling the kitchen and bedrooms of the Dove House
- Providing general maintenance and upkeep for the Horizon house: a homeless and transient community center
- Providing general maintenance and upkeep for the Ronald McDonald House
- Painting and winterizing the Hip Hop House, a community center for inner city youth ages 6-16
- Providing community service hours at the Theodora House for battered women
- Raising over \$12,000 to support the "BA Christmas Gift Program" which provided coats, shoes, toys, and food for over 800 children

- Designing and implementing a mentor program for the Indianapolis Metropolitan Career Academy
- Raising over \$10,000 for the Animal Care and Control Center of Marion County and the Humane Society

“We don’t tell them what to do,” explains Jim Zarvos, “we just teach them to focus on their contribution and intentions and empower them to act. The results are always amazing.”

“In a world where generosity and support are desperately needed, our coaching programs are making an profound difference.” Nora states. “Change begins with the individual. As you realize how powerful your life can be once you’ve decided to take action, real transformational change becomes possible.”

Examining the roles Breaking Through participants play in the local community reinforces this statement. Zarvos Coaching and Consulting graduates hold key leadership roles in the following community organizations:

- Feed Everyone
- Bethlehem House
- Americorps/Vista Volunteers
- Habitat for Humanity
- Spice Challenge Program
- Special Olympics Indiana
- Brook's Place
- Urban Family Christian Outreach
- Joy's Place
- Kipp College Preparatory School
- Indianapolis Metropolitan Career Academy
- St. Lukes United Methodist Church

More information on Zarvos Coaching and Consulting can be found at their website,

<http://zarvoscoaching.com>

About Zarvos Coaching and Consulting

Zarvos Coaching and Consulting is an organization dedicated to making a difference through leadership development and transformational coaching. Their programs are International and held regularly in Spain, Russia, and the United States. Founded by Jim and Nora Zarvos, Zarvos Coaching and Consulting offers the Breaking Through Curriculum, The Journey Series, “The Gathering” a workshop for women, Leadership for Teens and various other programs for individuals and businesses. Their Indianapolis office is located at 1329 East 96th Street. Indianapolis, IN 46260. Their office number is 317-569-8630.