

Your Pocket Life Coach 10 Minutes A Day To Transform Your Life And Your Work

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Become a Life Coach
The 10-minute Life Coach
The Publishers' Trade List Annual
Evidence-Based Coaching Volume 1
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Mitch Matthews
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Illinois Institution for the Education of the Deaf and Dumb (Jacksonville).
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an inspirational pocket guide to taking charge of your life and unlocking your full potential

fiona harrold s be your own life coach had great success with its powerfully inspiring message to take control of our lives and achieve our wildest dreams now she shows us how in just 10 minutes each day we can accelerate towards attaining our goals follow her winning strategies and believe in yourself 100 per cent propel yourself into taking action turn into a natural optimist live a bigger more interesting life fiona s is the winning formula to open the door to life s vast opportunities believe in yourself and others will too

when it comes to life how many of us actually have a clear sense of direction you wouldn t set out on a journey without some idea of where you wanted to go and yet so many of us don t even have a goal in mind let alone feel confident enough to make it happen brilliant life coach is set to change this in ten simple inspirational steps it guides you through the process of identifying what you really want and where you want to go right through to reaching your end goal and staying where you want to be brilliant outcomes be the best you can be feel optimistic and in control of your life every day work towards the life you really want to live this inspiring book is a joy of practicality as the ever insightful annie lionnet empowers us to take the driving seat of life decide where we truly want to go rather than where others may lead and do it dr brenda davies author of the rainbowjourney journey of the soul unlocking the heart chakra and more

bonus 1 297 in free video based life coach trainingwhen you purchase a copy of become a life coach you ll be eligible to receive the interview training our strategic visioning tool for life coaches that you can use to get clear on your own dreams and goals put a specific plan in place to achieve them take action to get yourself there help your clients follow the same process bonus 2 free audiobook and action guide when you purchase your copy get access to the free audiobook and action guide journal become a life coach is packed with the 10 critical questions that we wish someone had asked us before we got started with our own coaching practices as you answer these questions you ll emerge with a clear picture of whether becoming a life coach is truly for you and if so how to go about building the coaching practice you ve always wanted plus these questions will help you to avoid the pitfalls that stop most new coaches before they even get started again we wish someone had asked us these questions when we were just getting started these concepts would have helped us to build six figure coaching practices even faster that s why we want to offer them to you on top of the 10 critical questions don t miss out on the 5 secret question asking strategies that we also include in the book these powerful concepts are proven to help you be more effective in every conversation whether you re coaching a client helping a friend

or talking with a teenager plus you can start using them immediately if you re trying to figure out whether becoming a life coach is a good fit for you if you re wanting to avoid the traps that stop most new coaches in their tracks if you re wanting some key strategies that will help you to get up and running as a successful life coach fast this book is for you scroll up and click buy now and when you do don t forget to claim access to your 297 in free life coach training more details at trainingtobealifecoach.com/freetraining

fiona harrold s be your own life coach had great success with its powerfully inspiring message to take control of our lives and achieve our wildest dreams now she shows us how in just 10 minutes each day we can accelerate towards attaining our goals follow her winning strategies and believe in yourself 100 percent propel yourself into taking action turn into a natural optimist live a bigger more interesting life fiona s is the winning formula to open the door to life s vast opportunities believe in yourself and others will too

presents key papers from from the first evidence based coaching conference held at the university of sydney july 2003 addresses the concerns of the emerging profession of coaching giving an overview of the field developing coaching theory and its evidence based practice and reporting on empirical and qualitative studies

a proven do it yourself formula for greater professional and personal success successful career and life coach anne bruce knows how you can find happiness fulfillment and success at work and in life and it s not by hiring a coach be your own mentor delivers a unique do it yourself process for identifying your hidden talents abilities and passions and developing them on your own bruce s four part approach empowers you to get where you want in life by adopting a free agent mindset taking intelligent risks and building self esteem setting a course for balance in work and life and discovering and developing your personal strengths

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hugely successful life coach s guide to overcoming obstacles and achieving your wildest dreams all of us have dreams

about what we'd like to do who we'd like to be and where we'd like to go in life but most of us are never able to make these dreams a reality now in this highly motivating new book fiona harrold uses her experience as a life coach to show us that we can turn our own lives around with encouragement humour and an emphasis on the practical fiona sets out the 10 steps to taking control of our lives first we must set our goals however crazy they may seem then we must start on the path to achieving them along the way fiona uses case studies affirmations and motivational techniques to keep us going coaching her readers in the same way that she would her personal clients helping you in all areas personal and professional this book will be your most valuable guide to being the most that you can be

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