

# How Life Coaching Works

## DO YOU KNOW WHAT YOU WANT?

When asked, most people can tell  
you what they DON'T want...

and find it hard to think in terms  
of what they DO want.

# NO

Not knowing what you DO want is the biggest reason  
you get stuck, feel trapped or can't find a way forward!



# YES



Coaching helps you get  
past the don'ts to create  
a vision for what you DO  
want!

Sometimes the path to your goal may not be  
direct...or there may be obstacles in your path.

# YIPPEE!



Coaching gets you past the tricky bits, deals with the obstacles and ensures your  
goals are achievable.



Coaching digs deep to  
reveal the real you, build  
strengths, eliminate  
limiting beliefs and allows  
you to create and  
achieve **BIG** things!

Life Coaching can be used when you are going through change or want to create  
change, career planning, stress management, health and wellness, business and  
more!