

SO, WHAT IS
Life Coaching
ALL ABOUT?



LIFE COACHING
IS ALL ABOUT
HELPING
PEOPLE GET
FROM WHERE
THEY ARE IN
THEIR LIFE TO
WHERE THEY
WANT TO BE.

Coaching concentrates on where clients are today and what they are willing to do to get where they want to be tomorrow." - *International Coach Federation, ICF*

Coach Zausz

A LIFE COACH HELPS YOU FOCUS ON AREAS OF YOUR LIFE

CONFIDENCE AND SELF ESTEEM

Feel good about yourself
Remove the self-doubt
Meet new people and
Feel good about yourself

DREAMS AND ACHIEVEMENTS

Set some compelling goals
Work out what you want from life
Provide direction and purpose
Have more fun
Have more energy

GETTING WHAT YOU WANT IN LIFE

Becoming more organized
Getting rid of barriers and negative thinking
Manage your time more effectively
Discover your values in life
Remove the clutter that bogs you down
How to stay focused

04 THE ROLE OF A LIFE COACH

Rather than TELLING someone the answers, a Life Coach is the catalyst for getting a client to find the answers themselves.

A Life Coach can unlock the potential in a client by asking challenging and thought-provoking questions; helping the client find direction, to motivate the guide the client on a path that is based on their goals and preferences.

Coaching is forward looking and focused on the action you are willing to take to get what you want out of life. Your coach is there to help the client realize their own aspirations and reach their full potential through the client's own efforts.

Coaching enables you to see that there are different alternatives and possibilities, it will help provide you with the clarity to examine your life and all its moving parts.

This in turn can lead to greater:

Self-awareness

Focus

Accountability





COACHING CAN BE CONDUCTED THROUGH DIFFERENT MEDIUMS – HERE ARE THE MOST POPULAR:

Eventually sessions will be conducted face to face; until then

Sessions using the telephone, facetime, WhatsApp or Zoom to name a few.

There are Group coaching sessions that can be conducted in person or via Zoom as well.

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During each coaching session, the coach and the client will discuss and explore the clients' journey including their goals, wins, challenges, and opportunities.

The client brings the agenda, and the coach brings the coaching skills to create a partnership that moves the client forward.

LET'S *Work* TOGETHER

CONTACT ME @

Click the button below to book a free one-on-one
Breakthrough Call today.

Book your free call.



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