

Benefits of working with a coach

Coaching makes a difference when two factors are present:

1. The client is willing to change and grow
2. There is a gap between where the client is now and where he or she wants to be. Period.

The gap can be many things:

- Personal life
- Love life
- Work life
- Boundary issues
- Fears

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With a coach you will:

Be “in action” because you set the goals you really want.

Finding out what you really want and what goals you want to set is the first course of action.

The Law of Action

you must take action to get what you desire.

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More benefits of working with a coach:

❖ Have a balanced life designed by you .

Without a balanced life you don't have a solid base to begin to make changes in you life. A coach will help you determine what it means to balance your life.

❖ Help you "push the envelope". Your coach will nudge you out of you comfort zone. As your coach I will make you reach more and more without the process consuming you.

❖ Help you make better decisions because your focus is much more clear and defined.

❖ Have a lot more energy because you will be happier and more productive.

❖ Get your needs met. Learn to ask for what you want from yourself and others.

❖ Stop tolerating. Learn to spend less time with the inappropriate behaviors of others.

❖ Come from a more positive place. Look at life in a more positive way and stop waiting for the other shoe to drop.

