



## LIFE COACHING

### WHAT IS A LIFE COACH?

A life coach is a wellness professional who helps people make progress in their lives to attain greater fulfillment. They can help you identify strengths and weaknesses and overcome obstacles holding you back.

The fastest way to make progress to eradicate worry, sabotage & fear is to build confidence in yourself. Self-doubt & negativity are the enemies of success.

### WHAT THEY DO

A great coach will serve many roles: technical supporter, motivator, leader, psychologist, and maybe most importantly, as a role model for the athlete to follow in the competition arena as well as out.

They can help you achieve goals and balance many areas of your life.



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### Areas covered by Life Coaching

- Work-life balance.
- Health and fitness.
- Spirituality.
- Work performance.
- Career goals.
- Procrastination & productivity.
- Getting motivated.
- Finding your purpose.



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**More Confidence**

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**Less Emotional**

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**Increased Balance**

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## **PREPARING FOR YOUR LIFE COACHING SESSION**

You can start by putting your trust in them and making a commitment that both of you will work together to get where you want to go.

Spend the first 5 to 10 minutes on accountability, you'll need to hold yourself accountable for the results of the life coaching session, you need to be accountable for their own journey.

If this is the first time having a session, remember to follow up with whatever action steps you were asked to take. Unless you are ready prepared to open up and look at your blockages really do the work there is nothing any coach can do to help.

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# **Keys of successful Results**

**Give yourself time to get used to the process, to trust the process and work towards making the changes.**

**Be kind to yourself It may be hard sometimes, and fun other times keep going, it gets better and so will you.**