

Self Help: Life Coaching: 50 Powerful Habits for Coach and Coachee Towards Effective Life Changing (Life Coach Management Alternative Holistic Hypnotherapy)

Christ Lewis



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50 Powerful Must-Have Habits to Coach Your Life

Just about everyone has a vision of his or her ideal life. Maybe you've always dreamed of being a successful writer, musician, or corporate executive. But you haven't made it a reality yet.

Then maybe what you need is a coach. Just like the people who push athletes to greatness in sports, life and wellness coaches push their clients to find success and satisfaction from their job or lifestyle.

Reasons to Buy This Book

If you...

- Need some guidance on moving forward in your career
- Want to learn how to take advantage of your own strengths and talents
- Don't know what to do about a major life decision, such as a move or promotion
- Don't have an acceptable work-life balance
- Have a lot of stress
- Aren't as healthy as you'd like to be

****FREE BONUS INSIDE****

What Will You Learn From This Book...

What is a Life Coach? Awareness of The Self A Kind Heart Seeing The Big Picture and The Little Ones Too! Open Yourself Up Remain a Student It's a Two-way Highway Say It Right Say it with Light Be Mindful of The Present Moment Be Grateful The Box is not Always Square The Moral of The Story

Listen with your Heart Seek The Unspoken Words See with your Heart Ignite a Spark R-E-S-P-E-C-T Believe Collaborate to Create Cheer From The Sidelines Be Gentle but Firm Pump Up The Energy Levels Acknowledge Awesomeness Walk the Talk Heed The Call Critical Eye Organize, Organize, and Organize There is Always a Silver Lining Timing is Everything **Build Trust AND MUCH MORE!**

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