

Life Coaching Life Coaching Blueprint Save A Life One Person At A Time Bonus 30minute Life Coaching Session How To Motivate Inspire Change Your Life

A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health & Wellness provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness “blueprint” will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind — one that will result in you reclaiming complete control of your health and wellness.

People have become successful before. People become successful all the time. They all have followed a blueprint to achieve this success. In this inspiring self-help book, the author reveals this success blueprint, and explains how to apply it to your own life. Despite your current standing, you can be wealthy, and successful if you simply follow the blueprint. The blueprint will help any person move upwards, from each bracket of life, such as; less wealthy to wealthy, unhealthy to healthy, loneliness to love, and depression to hope. It is a complete step by step guide book which reveals the path to your dream life. Dilan De Silva was on a quest to break away from the middle-class struggle. His urge to find a formula for success took him to various people, places, and experiences. With the discovery of the blueprint, he achieved his success. He is now on a mission as a success coach to change many lives. The blueprint helps you become whatever you choose to be. Good luck!

The Self Coaching System Helping You Get Results using Self Coaching This complete system for self life coaching reveals how you can improve your life and reach your goals through coaching. The focus of self coaching is all about how to coach yourself effectively, and how to create and sustain a successful process for reaching each of your goals. This book leads you through a comprehensive system of self Life Coaching using the GROWTH coaching method. Some topics covered include:Life coaching, Goal setting, Growth coaching model, The self-coaching process and exercises, Self belief, Creating successful habitsIn this new step by step self coaching process, Jeffrey Yeomans shows how by asking the right questions, you ask shape your thinking. This will allow you to get to the root cause of your personal and business problems. He uses a highly instructive process to show how to quickly recognize issues and find the steps

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required to meet your goals in life. Based on Jeff's depth of research and experience, this book can make a life-transforming difference in your life if you simply follow the process.

A professional hockey player for more than 17 years, Mike Hartman has learned from the best in the business. His inspiring story from a too-small, too-slow hockey fan to a hard working professional hockey player offers a close look at what you need to succeed in life. Mike has taken the lessons he learned on and off the ice and uses them to help others as a professional life coach. Now you can benefit as well by following Mike's blueprint *Better Life Training Playbook for Life*. Read Mike's story and then follow this twelve lesson course - complete with his 12 week fitness program and meal tracking for nutrition. Good luck on your journey to becoming your personal best!

Presents a blueprint of seven rules that are designed to help achieve and maintain success in today's world such as practicing self-belief and taking more risks.

Life Coach journal / notebook features: 120 ruled lined pages 6 x 9 inch size - big enough for your writing and small enough to take with you smooth white-color paper, perfect for ink, gel pens, pencils or colored pencils a matte-finish cover for an elegant, professional look and feel This journal can be used for writing, jotting down your brilliant ideas, recording your accomplishments, and more. Use it as a diary or gratitude journal, a travel journal or to record your food intake or progress toward your goals. The simple lined pages allow you to use it however you wish. Journals to Write In offers a wide variety of journals, so keep one by your bedside as a dream journal, one in your car to record mileage and expenses, one by your computer for login names and passwords, and one in your purse or backpack to jot down random thoughts and inspirations throughout the day. Paper journals never need to be charged and no batteries are required! You only need your thoughts and dreams and something to write with. These journals also make wonderful gifts, so put a smile on someone's face today! Let's your creativity shine everywhere you go. Perfect for Life Coach, for both professionals and students. Write down design notes, ideas, memories, and goals. **Blueprint. Product Features: 6x9 inch 120 pages High-quality and nice design cover High-quality papers**

Group Life Coaching Blueprint A Complete Guide to Creating a Group Life Coaching Business

Being a life coach is a fulfilling way to make money doing what you love, while making a difference! But, the truth is that not all life coaches are successful. Some never learn the skills they need to create a thriving business, and others get stuck because they're only able to reach a certain level of success, and income, by meeting one-on-one with clients. There is only so much time in a day, some of which is spent on marketing and other business-related-stuff. Once a coach fills their schedule with clients, they reach the ceiling of their growth. Their only option is to raise their rates, but this isn't always easy or even appropriate, depending on the population they serve. The good news is that there is a way to serve more people and increase revenue at the same time. The

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secret to creating a successful life coaching business is offering group life coaching programs. Think about it, much of what you do with each client is exactly the same. If you say the same thing 10 times to 10 different people, why not say it to all of them at once? If you develop a program out of your coaching process, you can walk a group of people through the same coaching activities and steps, together. By creating a group coaching business, you can: 1) reach more people in less time, 2) offer an easy-to-sell low-cost option, 3) upsell your favorite clients to one-on-one coaching, 4) create a more predictable schedule and income, and 5) increase your per-hour revenue (\$50 x 10 is greater than \$150 x 1). In this book, you will find the exact blueprint that thousands of our life coaching students have used to create their own group life coaching programs. You'll learn everything you need to: 1) turn the process you use with your clients into a complete group coaching curriculum, 2) learn professional communication and facilitation skills so you can effectively manage and lead your group, and 3) structure your offer, set your price, and create marketing campaigns that fill your groups.

Become A Top Rated Life Coach Without Spending Ridiculous Amounts Of Money. (Includes free download of 1yr of done-for-you life coaching articles, ebooks, social media posts and bonuses.) If you are reading this, most likely you are trying to build a business online as a life coach.... One that can hopefully replace your income... and let you live a lifestyle you have only dreamed of by helping others reach their goals, right? You know yourself how big the life coaching market is... people need help and you could be the person to help them... If only you could get some traction. There is no magic coaching method or certification that will open the door to 7- figures.... But there is a marketing formula that will... ..and I'm going to give part of it to you, right here, for free. Begin by Asking Yourself These Three Key Questions: Who is my target audience? What problems does my target audience have? How can I solve them? Here's a hint: What problems have you solved in your life? How have you dealt with issues in your work or family life? How have you come to terms with a certain trauma? After You Have Answered Those Questions, You Will Need: An action-based coaching method that gets results for your target audience. Multimedia content that speaks to your target audience's problem. A method of solving your audience's problem that YOU developed, and A basic understanding of effective social media marketing. What This Course Will Teach You: An action-based coaching method that gets results for your clients. How to create and sell content that engages and builds your audience. How to develop and sell your signature problem solving system. Purchase Includes An Incredible Life Coaching Content Package and Free Bonuses: Action Guides that you can print out to help refine your coaching and content creation skills (\$27 value) Cheat sheets you can reference, at a glance, that summarize the key components of each course (\$10 value) Tools for your life coaching business: Client On-boarding forms, Client assessment quiz, Coaching tracker and more. (\$20 value) Social Media Success Bundle: Step-by-step, fast start playbooks on building your audience using Facebook groups, LinkedIn, Instagram, Podcasting and YouTube (\$37 value) Done-for-you (private label rights) content on success, motivation, and happiness that you can rewrite and use to create courses, blog post, books and reports to establish yourself as an expert. You get Twelve 30-Day Challenges to the tune of 360 articles, 360 emails, 360 social media posts, 12 ebooks + workbooks, PLUS 12 Professionally Designed & Customizable Ebook/Workbook Canva Templates

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(\$204 Value) as an added bonus. (PLR Worth \$1,044 + \$204 Bonus = \$1,248) You can see that the Blueprint packs in a lot of value in the bonuses alone. This book and accompanying downloads is your opportunity to start creating and promoting an almost endless supply of focus, motivational and success related items... from digital products such as eBook's, video's and online courses... to physical products such as books and even clothing. Initially, my team and I were going to launch an entire marketing campaign and sell the courses and downloads for \$297..., which is still way undervalue. But, for a limited time only, and I DO MEAN LIMITED, we promoting the \$1,000,000 Online Life Coaching Business Blueprint and bonus downloads to you, here on Amazon, for a tiny \$47 investment. \$47 is a tiny price to pay to start living your dream. BUT... Warning: After 700 sales, we will take the entire offer off Amazon and launch our marketing campaign at the original \$297 price tag. Act now!

Introduces key principles to transform the relationships between parents and teens, unpacking the essential characteristics of a good coach that will successfully prepare teenagers for adult life. Reprint.

Enlisting the services of a professional Life Coach is a powerful and practical aid to changing your lifestyle to how you want it to be. However, finding a suitable life coach can sometimes be problematic and often quite expensive. The book Free Life Coaching... attempts to overcome these difficulties by providing a simple but effective blueprint to readers for setting up a personal plan for DIY life coaching which is aimed at improving the quality of one's lifestyle. It provides a step by step format which is easily followed and which allows the reader to select their own priority goals and time frame for completion. There are no fees to be paid and the book's program can be used successfully again and again by any adult wishing to bring about important life changes. The program set out in Free Life Coaching... is based upon the author's Phoenix Self-Help Life Plan and is linked to a dedicated web site with free resources. Ambrose Hardy's other book is How To Change Your Life In Ten Weeks [Second Edition published July 2014].

The first step to creating your ideal life is getting viscerally clear about what it is you want. When you are clear about what you desire, you are exponentially more likely to attain it. If you go through life not identifying what it is you want, your chances of getting there are unlikely. This guide helps you gain precision around what you most value so you may bring your vision to reality. In Soul Self: How to Tame Your Mind, Uncover Your Blueprint, and Live Your Purpose, purpose coach Jack Stephens explains, with crystal clarity, how to bring your Soul, ego-mind and body into balance and alignment, and gives wisdom seekers practical tools to make lasting change for a brighter life. Divided into three clear sections, Distinguishing Between the Ego and Soul, Finding Your True Voice, and Being Your Self: Acting On Your Soul's Direction, Soul Self offers valuable insight into how to access and embody higher states of awareness, turn knowledge into wisdom, and shift from ego-driven to Soul-guided living, creating greater happiness and prosperity. " Jack Stephens' Soul Self engaged me with wisdom I found throughout the pages. He starts off with a wonderful and instructional analogy about a horse and its rider (as it relates to your personal journey through life). Then a few pages later you get to "Pebbles: A Fable." This simple, powerful story is worth the price of admission alone. The wisdom in just these three pages will do wonders for your spiritual journey if practiced Soul Self contains very important lessons and simple yet

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essential practices on "what to do" when you experience conflict between the ego mind and your real Self. If you're looking for guidance about your Soul's Blueprint, or just need a reminder, you'll find helpful, confirming, and inspiring answers in Soul Self." Ken Obermeyer, author of *The Journey To Joy: Reconnecting with the Real You*. Welcome to a Transformative Guide to Creating the Life Your Soul Designed. How YOU can enjoy fulfillment and purpose in: Relationships Wealth Health and Energy Creativity Accomplishment May your journey of awakening bring you more joy and fulfillment, and may you gather around you those of like mind to magnify your collective wisdom and put it into action. Jack Stephens Author *Soul Self, Soul Self Living, Soul, life, consciousness, awareness, meditation, psychology, self-help, personal development, purpose, meaning, ego, health, money, prosperity, spirituality, channeling, channel, guide, life coach, life coaching, therapists, new thought, empowerment, leadership, inspirational, motivational, success, life lessons, personal growth, personal transformation, self-improvement, purpose coaching, enlightenment, true self, self* ----- Similar Authors: Eckhart Tolle, Michael Bernard Beckwith, Don Miguel Ruiz, Esther Hicks, Wayne Dyer, Carolyn Myss

This book gives life coaches a blueprint that will help them build a business that is profitable and enjoyable. It covers everything from defining your market, to designing programs and teleseminars. Business tools and tips include...the 5 components of your brand, designing opt-in gifts and information products, the best ways to market your business online, creating your offline network, managing daily operations, constructing your business blueprint, 3 essential support systems, and much more!

"The purpose of the Yearbook of Experts is to provide bona fide interview sources to working members of the news media"--Page [2]. Being happy doesn't have to be hard, says prominent personal coach Laura Berman Fortgang. We each possess an internal compass that expresses our individual wisdom and points to the things that would most fulfill us. Personal and professional satisfaction, Fortgang believes, comes from tapping into this wisdom. In *Living Your Best Life*, she offers ten tried-and-true strategies that help us to access our own inner knowledge to achieve what she calls a "best life"-a life that awaits all of us, in which gains come more easily because we've learned to honor our true desires and work with our individual talents rather than exhausting our energy on a traditional model of achievement. Her techniques focus on asking ourselves what we really want instead of frenetically trying to "have it all." We learn to ask questions that move us forward, not backward, to discover our own unique "lucrative purpose," and to design a "magnet" life plan that draws to us the more rewarding existence we deserve.

The PDE study resulted in a comprehensive life coaching business plan template designed specifically for the life coaching industry. An action research methodology was utilized to offer a solution to a practical concern for life coaches starting a new business. In an effort to generate more successful life coaches and enhance the profession of coaching, the study investigated two research questions: How is a business plan creation tool designed specifically for the life coaching profession useful for starting a life coaching business? What is the efficacy and effect of a specified life coaching business plan template? Six free workshops were held for life coaches and evaluated by a series of two debriefing questionnaires to contribute new knowledge on the usefulness and benefits associated with using a specialized business plan writing template. the majority of life coaches in the sample revealed they had not written a business plan for their life coaching business. Although coaches create a blueprint life plan with their clients, they are remiss in designing a blueprint to guide their life coaching

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business. Nearly all the life coaches in the study reported some benefit associated with use of the specialized life coaching business plan template, which included, but was not limited to: a moderate increase in income and clients; meeting business goals with moderate effectiveness; greater focus and clarity of the business; a plan to follow; and enhanced optimism and confidence related to the success of the business. the most common benefit was the template was specific and unique for life coaches and the profession of life coaching. A secondary phenomenon was also observed. Although the life coaches in the study expected positive results from the use of their new business plan, a large percentage did not comply with implementation of their business plan written from the specialized template. In conclusion, recommendations from the results of the study included: the specialized business plan template could be further enhanced by a mechanism to increase implementation of the completed business plan; life coaches who refer to their specialized business plan template at least once a month or more will increase their number of clients and income; and recommendations by the subjects to improve the template may improve its value.

Many of us are searching for answers: Why am I here? What am I here to do? Is there a bigger plan in all of this? Why do I feel that something is missing? How do I get to a place of inner peace, joy and happiness? If you are asking these questions, you already know the answers. The good news is that what you are searching for is already waiting for you in a higher "real"-ity. "Real"-ity because this is your real reality, your Authentic Life, the life that is waiting there for you and what you need to do is rise up, evolve, to meet it. When you are living your Authentic Life, you come from a place of inner peace and joy. You feel an overwhelming sense of love for yourself and those around you. You know that you are living your life with meaning and purpose. You feel nurtured and loved and know that you are guided every step of the way. You feel empowered from the depths of your soul. When you live your Authentic Life, you are living the life you were born to live. How do you rise up to meet your Authentic Life, to live your dreams? You already know the answers. Your soul knows the answers. It knows why you are here, what you are meant to be doing with your life because all this information is written in the Blueprint of Your Soul and when you live in alignment with your blueprint, you are rising up to meet your real reality. This is where you find the fulfillment you are searching for. This is how you live your Authentic Life. This is how you live your dreams.

A pioneer in the field of life coaching introduces her program for discovering a new direction for one's life, explaining how to identify what's missing in life and how to set a clear course for realizing dreams.

What does it mean to become the CEO of your life? To me, it means living the life you truly want. Doing what you want, when you want, the way you want. That might sound like a dream to most. But it is possible. How do you become the CEO of your life? How do you make that dream reality? The author is the high-performance coach that other life coaches rely on and consult. For twenty years he's been behind some of the biggest successes in business, sport, and wellness. Now for the first time, the author is peeling back the curtain and sharing his proprietary success formula. This book is all about "more". It's about the bigger life: how to attain it, live it and share it, even if you can't envision it yet. With its practical, down-to-earth advice, this book is a blueprint for success and happiness. - Find the clarity to do what's important to you personally. - Become unstuck and start trusting yourself again. - Create the willpower to make positive changes in your life. My longtime colleague Ginger Cockerham has provided a must-have/must-read blueprint for all coaches who want to launch and thrive in a group coaching practice. Even those considering their options would do well to consult this step-by-step model, complete with a rich set of examples and case studies. It's all here, presented with a clear and engaging approach. JUDY FELD, MCC, MS, AUTHOR OF SMARTMATCH ALLIANCES, PAST PRESIDENT, INTERNATIONAL COACH FEDERATION, COFOUNDER, EXECUTIVE AND

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PROFESSIONAL COACHING PROGRAM, UNIVERSITY OF TEXAS AT DALLAS Ginger is the definitive expert and master of this realm of coaching. Her book reflects her commitment to learning, impact, and excellence in group coaching. GARRY SCHLEIFER, PCC, ICF VICE PRESIDENT, PUBLISHER AND CEO, CHOICE THE MAGAZINE OF PROFESSIONAL COACHING Ginger has designed a clear blueprint for enrolling and coaching groups of like-minded or positioned people. When I reviewed the manuscript I thought aloud, I wish I had written this! DARELYN DJ MITSCH, MCC, PAST PRESIDENT, INTERNATIONAL COACH FEDERATION, AND AUTHOR OF TEAM ADVANTAGE, THE COMPLETE COACHING GUIDE FOR TEAM TRANSFORMATION, PFEIFFER/WILEY 2010 Ginger has done a magnificent job in creating a practical and up-to-date approach to successfully coaching groups. Not only has she provided excellent tools, but she also shares case studies that bring the tools to life. This book is a must-have for anyone that is considering coaching groups. PAMELA RICARDE, MCC, DIRECTOR OF TRAINING, COACHINC.COM, PAST PRESIDENT, INTERNATIONAL COACH FEDERATION When it comes to group coaching, Ginger Cockerham is the master. She knows the powerful formula for turning a group of people into big results. In her new book, Group Coaching: A Comprehensive Blueprint, you can tap into this magic formula for your own coaching groups KAY CANNON, MBA, MCC, PAST PRESIDENT, INTERNATIONAL COACH FEDERATION If you want to be a great coach either in private practice or as a team leader in an organization, then you must study and live this book on group coaching by Coach Ginger. With this book you will learn, step-by-step, how to create vibrant winning environments for people through the group coaching experience. With these tools you will attract the right players to your team, create a deep sense of community and provide a forum for shared wisdom, full self-expression, and extraordinary results. Read it. Live it. Share it. COACH DAVE BUCK, MBA, MCC, CEO COACHVILLE AND LIFEVILLE Whether you want to become a coach or just want to improve your coaching skills, Group Coaching can help you create a successful and sustainable business helping individuals, companies, and organizations achieve their objectives. Ginger Cockerham, an executive coach with an international group coaching business, shares how to build and hone your coaching skills. You'll learn differences between group coaching and traditional methods of leading and facilitating; skills, tools, and processes for developing and enhancing your expertise; marketing strategies to attract ongoing groups to coach. As you explore multiple group coaching case studies and models from experienced coaches and coach teams, you'll discover how to create an environment of collaboration. This, in turn, helps your clients enhance their creativity and success. Get insider information on what works well and what to avoid in group coaching with this detailed guidebook. Equip yourself with the tools and knowledge you need to excel as a coach with Group Coaching: A Comprehensive Blueprint.

An amazing 21 Second Life Coach Guide to help you achieve your goal. Packed with plenty of useful hints and tips to help take your life to places you never thought possible. This book will open doors to your personal success potential and help create a dynamic Life Coaching blueprint for your future endeavours.

LEARN HOW TO START, BUILD, AND GROW A PROFESSIONAL AND PROFITABLE COACHING BUSINESS!!! Are you interested in starting your very own coaching business but don't know where to start? Or perhaps you are already a coach but you are lacking the skills or knowledge as to how to successfully grow your business? Have you read other books on coaching but felt like there was something missing? Would you like to not only learn how to properly coach but also how to grow a professional coaching business? This book will teach you not only about the coaching profession and

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how to coach, but also everything you need to know on how to start, build, and grow a coaching business. You will learn how to build and market a profitable coaching business. You will also learn the necessary sales techniques needed to not only find clients but also lead them into hiring you as their coach. Having the proper selling skills is just as important as to knowing how to properly coach someone. This book will teach you all of that and more. You will discover how to become masterful in coaching, marketing and selling your services. HERE IS A PREVIEW OF WHAT YOU WILL LEARN... -The ins and outs of coaching -Basics of effective coaching -The Coaching Process and Structure -Approaches and tools to become an effective coach -The Coaching Model - The ins and outs of building a profitable coaching business -How to generate passive coaching Income -Mastering the complimentary coaching consultation -The ins and outs of marketing and selling your services -How to become an effective and well sought after coach -How and where to best market your services -And so much more.... If you are serious about starting or growing your very own coaching business then this book is what you need. You will learn, Step-By-Step, to build a profitable, professional coaching business which not only will transform your own life but also the lives of your clients! Whether you are starting a coaching business or you are an experienced coach, you will walk away with a step-by-step action plan by the time you finish reading The Coaching Business Blueprint and finally be able to start, build, and grow your own coaching business!

Be your own best life coach is an inspirational guide to help readers take control of their lives and motivate themselves effectively so they can achieve their goals. Packed with advice to help readers realise their ambitions and shrug off the fears holding them back, covering everything self-starters need so they can identify their issues and resolve them by acting as their own life coaches. Practical and easy to implement, the advice includes ideas for staying true to yourself, ways to prioritise what is truly important (and get rid of what isn't), tips on performing spot checks and assessing progress, expert ideas for coping with stress and looking after yourself, tools for breaking projects down into manageable chunks that add up to big results, ways to remain resilient and learn from failure, motivation techniques for staying focused, and advice for accepting and loving yourself so you can realise your true potential. This book is simply brilliant. It offers fantastic expert tips and advice to empower readers to achieve their plans, on their own terms. All ideas are tried and tested - discover effective and practical ideas for making positive life changes.

Do You Want To Be More Influential?Have you always wanted to be influential in a person's life? Are you looking to become a life coach or maybe your own life coach? This book will guide you to becoming a true authority in life coaching. You will learn how to maximize your ability for helping others.

Life Coach 101 A Life coaching E book filled with insider secrets. Stop spending money on gurus and life coaches. This Life Coach E book will show you how to become your own Life Coach. Get ready to live with confidence and peace of

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mind. Are you ready?

For over forty years a simple life blueprint has been customized by Jim Fannin, the master coach for 2,500-plus of the “best of the best” in life, business, and sports. His plan is now available to you and it includes proven, concrete tools and techniques to enhance every aspect of your life. You will learn tools to... · Swiftly reverse a negative day · Re-ignite the spark in your marriage · Reach peak performance at the right time and place · Gain more confidence and positive self-esteem · Find a “peaceful calm” when chaos and negative stress arrive · Simplify and balance your life “My entire family has thrived with Jim Fannin’s blueprint for living a successful life,” says Julie McAllister, mother, wife, and business executive. “For 10 years Jim Fannin has helped our student-athletes create a blueprint for their success. Our men’s golf program’s amazing achievements have Jim Fannin’s influence to thank,” says NCAA Coach of the Year Mike Small of the University of Illinois. “Jim’s life blueprint with his powerful tools and techniques worked for me as a professional athlete and they continue to work as a business owner, father and husband,” says former MLB All-Star John Buck. “With The Blueprint I changed my life and the direction of my company. Within two years I doubled my business and balanced and simplified my life,” says CEO Rob Wilson of Employco, USA “If you want to organize your life in order to be your genuine, authentic, best self, Jim Fannin’s The Blueprint is the proven solution,” says CEO Mike Flaskey of Diamond Resorts International.

The Breakthrough Blueprint changes the way leaders think about breakthroughs and innovative thinking. Rather than relying on lone geniuses, lightbulb moments, “creative types,” or long battering-ram sessions approaching the ‘how’ of the challenge, they will learn how any individual can structure their days to unobtrusively create the mindset and environment where breakthroughs are not only consistent occurrences but can be immediately acted upon to create the optimal desired impact. The book provides an actionable, clearly delineated, architectural structure for optimizing the impact of breakthrough ideas—something that has always been treated as an intangible, “fuzzy” topic. It includes illustrative case studies of each element as employed by NBA players and widely admired business leaders. The Breakthrough Blueprint breaks down the components of breakthrough thinking into a formula that is so easily employed, it can be pegged to the hours in your day. Rather than focusing on the challenge of the ‘how’ that requires an innovative solution, these tools clarify 1) who you are and how to establish the Breakthrough Confidence you need to achieve the specific breakthrough you are targeting, 2) where your team is and how to build the Breakthrough Cooperation required to act upon your breakthrough, 3) the potential of your breakthrough in service to others, and 4) why your goals inspire you to innovate and solve larger questions with purpose and relentless consistency. Although the formulas and methods are all backed with both scientific data and anecdotal case studies, the material is presented to appeal to elite performers

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in any industry, with relatable examples and entertaining, clear language.

Worthy author Nancy Levin shows you how to turn the old model of relationship on its head and build something better and more fulfilling than you've had before. Are you ready to turn the spotlight on your love life and move to the next level--something more fulfilling than you've had before? In the spirit of her most recent book, *Worthy: Boost Your Self-Worth to Grow Your Net Worth*, which was different from any other finance book on the market, Nancy Levin's *The New Relationship Blueprint* takes a truly fresh look at relationships, showing you how to build them better from the ground up--or perform some skillful renovations. This book is for you if you're single and looking for a new relationship that's beyond what you've experienced before; or happy alone but looking toward a great relationship in the future; or divorced and determined never to do that again; or recovering from the death of a partner and unsure what's next. It's also for you if you're in an unsatisfying relationship that you want to refresh and restore; a relationship that challenges or threatens your boundaries; a relationship you're not sure you can salvage; or a relationship you recognize as the exact right teacher for you, even if it's not easy. Essentially, this book is for you if you're ready for something more in relationship than what the old models have offered. It's based on the essential truth that relationship is first and foremost where we learn to love ourselves. Drawing on many of the same exercises she uses with her clients, Nancy walks you through a 10-step process to work through your emotional and psychological roadblocks to self-love and the relationship you truly desire. In the fast changing world of today, we can all benefit from guidance in steering a course through the inevitable ups and downs of life. Life Mapping - so much more than just another self-development technique - can offer us a way forward that is uniquely suited to us as individuals. Simple to understand and fun to use, Life Mapping is both profound in its depth and great in its rewards. Your Life Map is a crystallisation of your best thoughts and feelings about your self, and a visual reminder of the best 'you' that you can imagine. In capturing this picture of your potential and holding it up as a beacon, your Life Map will help you define a vision of where you choose to go in life and supply a set of principles to help guide you there. An unchanging core in a fast changing world. The result will be a natural boost to your self-confidence, self-esteem and self-belief as your Life Map leads you to be pro-active in your attitudes, and effective in living your best life.

Selling Your Coaching Program We are top Udemy instructors in the personal development category. Our courses have been taken by over 70,000 happy students from 190 countries. We have a thriving community in the course and we are actively involved and answer questions within 24h. The #1 biggest mistake most life coaches make is trying to sell life coaching People don't want to buy coaching, they want to buy "results"! The solution is to create a life coaching PACKAGES, which: *Focus on a specific result that your life coaching clients already want *Bundle together your life coaching and other services (instead offering single life coaching sessions) By doing this you are able to: *Get more life coaching clients because a well designed package makes it an easy decision for life coaching clients to enroll *Have more committed life coaching clients because they are investing in a long term process *Stop selling your time or trading your time for dollars *Create a more stable income because you are either getting paid up front or receive predictable recurring payments Sounds great right? So, you may be wondering: How do I begin? What do I

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include? How much do I charge? And, how do I create a SIGNATURE life coaching package? These questions are exactly why we created this course. First, you must clearly identify the result you are offering—your GIFT. So, what is your gift? Your gift is the best of what YOU have to offer, which means it is based off YOUR unique knowledge, skill, or life experience. It's the result you've gotten for yourself—and if you package it, you can offer your life coaching client a shortcut to the success that you have had in your life. So, once you know the result you want to achieve with your life coaching client, you need to break down HOW you are going to life coach them to this end goal. and much, much more..... ORDER NOW.

I believe that this book is going to make an impact on your life or the life of someone you love, especially the over forties. You will be transforming your health or their health and wellness and, at the same time, be saving lots in doctors or hospital bills and in suffering or wasted lives. Think about preventing the suffering and anguish associated with illness, sickness, and disease. What about optimizing the quality time you have with your loved ones? To your enhanced health and wellness! Healthy eating. Healthy habits. Increase your exercise and feel great!

This inspiring book is a game-changer and provides you with effective and proven principles to become a highly successful leader. It is interactive and filled with invaluable content, illustrations and activities. Through your clear understanding of human behaviour and performance you will bring the best out of people, and enable yourself and them to excel.

Have you lost touch with the woman you want to be? When you look in the mirror, do you see your authentic self? Perhaps the pursuit of success and physical beauty hasn't produced the rewards you've yearned for. In your 20s and 30s, you may have been caught up in your "getting years"-focused on getting a career, a husband, a home, and children. After years of sacrifice and goal-oriented living, you may realize that although you might have wanted everything you have . . . you don't have everything you want. Perhaps you've put your dreams aside and have lost touch with what makes you uniquely gorgeous. Are you ready to finally create your ultimate life and look? You don't need a makeover . . . you need a transformation! The Beauty Blueprint is a powerful and practical guide that will help you rediscover who you are from the inside out and reclaim the essence of what makes you beautiful. It's not just about changing your wardrobe, your hair, or your cosmetics; it's about embracing your true beauty and living authentically. Celebrity makeup artist and life coach Michelle Phillips reveals why looking good is merely a by-product of feeling great . . . and shows you how to do just that!

When it comes to life, how many of us actually have a clear sense of direction? You wouldn't set out on a journey without some idea of where you wanted to go and yet so many of us don't even have a goal in mind, let alone feel confident enough to make it happen. Brilliant Life Coach is set to change this. In ten simple, inspirational steps it guides you through the process of identifying what you really want and where you want to go, right through to reaching your end goal and staying where you want to be. BRILLIANT OUTCOMES · Be the best you can be · Feel optimistic and in control of your life - every day · Work towards the life you really want to live 'This inspiring book is a joy of practicality as the ever insightful Annie Lionnet empowers us to take the driving seat of life, decide where we truly want to go rather than where others may lead, and do it.' Dr Brenda Davies, author of The

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RainbowJourney, Journey of the Soul, Unlocking the Heart Chakra and more.

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