

## BENEFITS OF LIFE COACHING

A life coach works in collaboration with the client to help them achieve their desired goal. The coach believes that the client is the expert on their life and the coach helps guide and support the client to their own solutions. The coach assists the client in exploring a variety of areas regarding their goal and then assists the client in setting attainable action steps to achieve the goal. The priority of coaching is to help move people towards action, doing something different. Hiring a life coach is the best thing someone can do for themselves. It is making a commitment to themselves to help reach their goals.

Other great benefits and tools of coaching:

Accountability	Goal Setting	Purpose
Achievements	Improve	Skills
Action	Life Balance	Strengths
Collaboration	Motivation	Support
Communicate	New Perspective	
Create	Opportunities	
Facilitate	Passion	