

Life Coaching Tools

Full of exercises, models, checklists and templates, this book covers how to assess the needs of clients, select the right tool for the circumstance and deliver effective coaching with confidence. A complete resource for both in-house and external coaches, 50 Top Tools for Coaching presents the techniques required for every coaching situation. It focuses on every stage of the coaching process, from setting up and managing the coaching relationship, understanding and resolving conflict, developing client confidence and performance to enhancing leadership styles and coaching during periods of change. Supporting hints and tips are found throughout to maximise the effectiveness and impact of the tools. This fully revised fifth edition of 50 Top Tools for Coaching includes new tools for managers for performance coaching and for building your own coaching practice. It remains an indispensable resource for coaches of all levels of experience and in all remits, as well as managers and leaders looking to improve performance in their organizations through coaching. Online supporting resources include additional tools, interactive templates and videos of the tools in action demonstrated by the authors.

Life-coaching Evangelistic Discovery course for Men Discover Your Life Direction Define Your Life Purpose Consider Christ 'Go from where you are to where you want to be' 146 pages, full-color Facilitator's Guide ? Evangelistic small group study for men using life-coaching principles and tools: One of only a few small group evangelistic courses for men. ? EASY to FACILITATE: The Facilitator Guide includes the Participant Book with notes for the facilitator on the top of each page. This system enables anyone to easily facilitate a group. ? The course provides the opportunity to encounter the gospel in an encouraging and non-threatening way. ? Effective for students, men in the workforce, executives and professionals. No matter their time of life these principles will help men live more effectively. ? Through the group coaching environment and the life principles and tools, men discover many traits that contribute to who they are. These unique traits and their life purpose help them set a consistent and powerful life direction. ? The sessions are very interactive and build community. This provides a safe environment for non-Christian men to consider God as their "life purpose".. ? Since this is a Christian website and most of the men in your group will be non- Christians, it is recommended that you purchase the Participant Books for your group and have the men reimburse you.

QUEST, a Life-coaching Evangelistic Discovery course for Men discover Your Life's Direction define Your Life's Purpose consider Christ These are the three issues Quest explores in more depth. Go from where you are to where you want to be with this book. It is an evangelistic small group study for men using life-coaching principles and tools. Encounter the gospel in an encouraging and non-threatening way. This resource is effective for students, men in the workforce, executives and professionals-no matter their season of life, these principles will help men live more effectively. Through the group coaching environment and the life principles and tools, men discover many traits that contribute to who they are. These unique traits and their life purpose help them set a consistent and powerful direction for their lives. The sessions are very interactive, build community, and provide a safe environment for non-Christian men to consider God as the ultimate purpose of their lives.

The Master Coach's Life Coach Training Guide is an amazing book for anyone with an interest in Professional Life Coaching. We all need Coaches! We all need Spiritual-Sounding Boards, or Mentors to challenge us and help us grow as human beings! Life Coaches help their clients solve problems using core competencies, skill sets, and specialized coaching techniques. Life Coaching is client and results driven, where the client sets their goal and objective and then the Life Coach helps them take the action needed to succeed in reaching a solution to the client's problem. The truth is, that all people need a little help every now and again. Professional Life Coaches have the skills to help their clients on many levels. Often, individuals are blocked by their own perceptions, perspectives, and worldview. The Life Coach can help clients to look at problems in a new way, so that they are no longer blocked from reaching a solution. The Professional Life Coach uses powerful questioning, active listening, paraphrasing, the natural laws of cause and effect, body language, tones, and inflections, coach and client activities, action planning, specific follow up, and many other coaching tools, skills, and techniques to help their clients achieve success. Professional Life Coaches are held to rigorous ethical standards and responsibilities and must follow local, state, and federal laws. Building an honest, trusting, and caring relationship with clients is paramount. This wonderful book on Professional Life Coaching has all the facts an aspiring Professional Life Coach will need to start their own business as a Professional Life Coach. Some individuals are natural problem solvers that others gravitate towards. If you have been thinking about becoming a Life Coach, this is the book for you. The Author, Rev. Dr. Kevin T. Coughlin Ph.D. is a Master Coach and Trainer who has already trained hundreds of Professional Coaches. Buy your copy today and start on your true journey as a Professional Life Coach!

In this manual you will learn how to become a life coach, including important principles and practical step-by-step techniques for life coaching and getting started in a career as a professional life coach. Soar Academy LLC life coach training program gives you the clarity and confidence to move forward once your coach training is complete. It prepares you for coaching success -- however you define it -- through the application of Soar Academy LLC own coaching tools and principles. You'll benefit from three 30-minute, one-on-one sessions with a dedicated Success Coach, Ebony Nard as well as a private forum where you can connect with other students and share your experiences. Soar Quick Start Will assist with launching your coaching business and getting your first clients, you have the opportunity to participate in the Soar Academy Life Coaching 2-hour program. From choosing a niche, creating your own packages, and setting your prices to developing your marketing message, networking approach, and website, you'll learn how to leverage your style and inspire people to take action. Register today for the Life Coach Certificate Course. Enrollment is limited and registration is on a first come first served basis, so we recommend that you register early for the Life Coach Certificate Course online to avoid disappointment. If the course is full, please email: soaracademyllc@yahoo.com to be notified when

a new course date is scheduled.

POWERFUL COACHING: COACHING TOOLS TO REACH YOUR GREATEST POTENTIAL Why You Will Love This Book Basic Concepts of Coaching. This books contains the basic concepts of Coaching, this will expand your knowledge of Coaching that you can apply to your life Powerful Coaching Tools. In this book we will detail many Coaching Tools that will help you achieve your goals Apply the Coaching Tools . You can apply all the coaching tools, to yourself or to your clients. Increase Your Productivity - With the use of these powerful coaching tools you can increase your productivity. Achieve Your Goals. Coaching can help you reach your goals faster. Many Exercises and Examples. The book is plenty of examples and exercises. Overcome limiting beliefs. With the understanding of basic concepts of Coaching you can overcome fears, and limiting beliefs. With the use of Powerful Coaching Tools, you will be able to increase your productivity, learn more about yourself, your fears, and limiting beliefs that could be holding you back from reaching your goals. Buy now and give yourself the opportunity to increase your productivity and know more about yourself, with the concepts of Coaching, and the use of tools of Coaching !! Max Chahua

Ready to turn your coaching practice into a thriving business? **IT'S GOING TO TAKE GUTS, COACH!** It takes a lot of hard work and dedicated practice to become a coach who can help people change their lives. It also takes a lot of guts to turn a coaching practice into a glorious and kickass coaching business. In *Gutsy Glorious Life Coach* you'll learn... The exact mindset it takes to build an online business "Extreme Self Coaching" tactics to deal with the inevitable Self Doubt A detailed step-by-step, one-to-done process for building an online business from scratch All the legal steps you need to take in order to cover your assets online This is a different kind of "business book" because it addresses the two most important ingredients when it comes to building a successful business: the right mindset and the relentless determination it takes to make it happen. You're going to need two sets of tools: one to help you during those times when all you want to do is punch your business in the face, and another full of action steps that are easy to follow and implement. Think you've got the guts it takes to go after your dream business? After all, this is just an AFGO: Another Freaking Growth Opportunity. Your business has a lot to teach you about YOU and whether you've really got the guts to go after your own glory. A perfect blend of hard-core business building action steps and velvet-gloves-over-brass-knuckles coaching tools, *Gutsy Glorious Life Coach* promises to bring out the business woman that's hiding in you."

Discoveries with Coaching is a detailed, practical approach for inspiring transformation in leaders and individuals through Coaching. Coaching is an effective, result-oriented process that unravels the hidden potential of an individual, finds the goal with much better clarity, defines a road map and works on a journey of transformation towards success. Highly recommended for all professionals, individuals, success hunters and result seekers. The book details process, tools and techniques which can be adopted.

Life Coaching Discipleship Course for Women Use in Person or Online Would you like to go from where you are to where you want to be? The Significant Woman small group discipleship course helps you be empowered to take the next step in your life and personal journey with Christ. The life-coaching tools help you discover how uniquely God has created you, identify your core values and develop your personal mission. This discipleship course is a powerful community building, small group course done in a life-coaching environment. It can be done in person or online. If you purchase The Significant Woman Participant Book get FREE downloads of some of the key life-coaching tools, information on starting your own group, or ask questions at significance.project@cru.org For more information or to order printed books go to <https://thesignificantwoman.com/> also check out "the significant woman" on Facebook. There is also a Facilitator Guide that makes it easy to have your own group and a similar course for men, "Man of Impact" (both courses can be used together for couples). The Significant Woman course is a resource from Cru/Campus Crusade for Christ and is in over 25 languages and used in over 50 countries. It has helped thousands of women be who God created them to be and know their purpose and direction in life.

Coaching Skills Training Course This book brings together different coaching models and helps give you an easy to follow structure to design inspiring coaching sessions. An easy to follow 5 step model to guide you through the coaching process. Exercises will help you enhance your skills. Learn to both self-coach and coach others. Work at your own pace to increase your coaching ability. Free downloadable, from <http://www.uolearn.com> easy to apply scripts and guided questions that you can start to use immediately. Over 25 ready to use ideas. How to use NLP in your coaching. Goal setting tools to help people achieve their ambitions. A toolbox of ideas to help you become a great coach. What do people think? "Fabulous workbook. Covered the background, the techniques, the 'hows' and the 'whys' making it very clear and simple to use for yourself or others." "A great business or personal tool packed with useful information and techniques." "The only coaching book I have read that gives you the templates and scripts ready to use and permission to use them." "Takes you through step by step from understanding coaching to running your own sessions." About the author - Kathryn Critchley Kathryn is a highly skilled and experienced trainer, coach and therapist. She has worked for over 14 years with organizations such as BT, Orange, Peugeot, Cisco Systems, IBM, British Gas, Victim Support & Witness Service, NHS and various Councils, Schools and Universities. Kathryn was keen to write a coaching skills book with a difference, that not only described useful coaching tools but empowered the reader with ready to use skills, strategies and templates to self-coach or coach others. This is a comprehensive book of tried and tested tools and techniques that Kathryn regularly uses to be a successful business and personal coach. Kathryn Critchley, Realife Ltd Kathryn is a highly skilled and experienced trainer, coach and therapist. With over 14 years experience of high-pressure sales and management roles in the telecoms industry with organizations such as BT and Orange, Kathryn understands the dynamics of team-building, change management, employee motivation and organizational productivity. She has provided training, coaching or therapy for organizations such as BT, Orange, Peugeot, Cisco Systems, IBM, British Gas, Victim Support and Witness Service, NHS and various councils, schools and universities. Kathryn is passionate about helping people make positive changes and achieve their goals. She achieves remarkable results through seminars and workshops, as well as one to one interventions. Her website is www.realifeld.co.uk In this book she shares some of the knowledge and skills that have helped her to be a successful business and personal coach.

Life coaching is a great way to help children and young people build self-esteem, set positive goals and deal with difficult issues such as bullying, anxiety and poor body image. This book sets out what life coaching is and how it works, what the benefits are, and how to go about coaching children and young people. Part 1 covers the background, theory and different types of coaching, and Part 2 explores the life coaching model and different techniques used, with examples of how coaching works in practice and how to build skills. The third part contains activities and photocopyable worksheets to use in practice with young people. They include general activities to develop self-esteem, set goals and build confidence, as well as activities for specific issues such as bullying, poor body image, relationships and anxiety. Suitable for use with young people aged 9-16, this practical guide is ideal for coaches, teachers, counsellors and youth workers wanting to put

coaching into practice with young people, and is also suitable for parents to use at home with their child.

Life today is not always easy. At times it may feel that things in life do not align with our aspirations. Life can seem overwhelming, so much so that we can become paralyzed. In other words, we become stuck. Using the Inspired! self-coaching program you will learn to how to discover your true values, interests and aspirations. Inspired! a powerful self-coaching program that is changing lives everyday. Now individuals and organizations can begin to experience positive change today. Learn new skills and experience change that can help improve the quality of life and relationships. Discover how to set goals and change habits that may be hindering your growth and success, and improve your self-esteem. Inspired! self-coaching program is an excellent resource for life coaches, teachers, managers, families and organizations. Use Inspired! alone or share this program with others. Transform your life. Become Inspired!

In this dynamic and inspiring book, successful life coach and NLP practioner Melanie Chan provides a step-by-step guide to the ways in which thoughts, feelings and behaviours attract experiences to you.

Understand all the aspects of becoming an executive coach, from acquiring training to marketing your practice, with Executive Coaching: Building and Managing Your Professional Practice. Hands-on information on topics like acquiring the right training and making the transition from other fields is written in an accessible manner by a successful and experienced coach. Whether you're a novice or an established coach looking to expand your practice, you will benefit from the step-by-step plan for setting up and operating a lucrative executive coaching practice.

For an important correction and helpful tips for facilitating this course, visit TheSignificantWoman.com/facilitators/tips-for-soaring-facilitators/ Evangelistic Life-Coaching Course for Women 158 pages, full-color Facilitator Guide Are you looking for a unique way to reach the hearts of non-Christian women and share the gospel with them? Would you like to have a small group evangelistic resource to use in your neighborhood, on your campus, in your office, or with friends or family? SOARING may be the very resource you're looking for. SOARING is a small group evangelistic, life-coaching course that any Christian woman can easily facilitate. In this course women identify and celebrate their uniqueness, consider God as their life foundation and discover their direction in life as they pursue their personal life design. The Facilitator Guide equips you to facilitate each Life-Coaching Group session. Facilitator notes, positioned on each participant page, explain how to facilitate the content for your group members. Additional input and instructions are included in the Facilitator Instructions section and on supplemental pages. The Facilitator Guide also includes four copies of the mini-book, Can God Meet the Longing of Your Heart? All of this makes facilitating this course easy and enjoyable. When inviting women, you explain that this course covers all areas of life—relational, vocational and spiritual—and that you will be sharing from your life, including your spiritual perspective as a Christian. Since this is a Christian website and most of the women in your group will be non-Christians, it is recommended that you purchase the Participant Books for your group and have the women reimburse you. SOARING contains a clear and simple presentation of how Christ can become a woman's life foundation. The course is designed to ensure an ongoing, positive community environment for the group, no matter what each woman's response is to the idea of God as their life foundation.

Everyone wants to make the best of themselves and their talents so they can achieve the maximum level of success, happiness, and fulfillment possible in their lifetime. Yet as individuals, we each need a plan tailored to our own specific needs. In Your Star Sign Life Coach, author Lorna MacKinnon combines the powerful tools of life coaching and astrology to create coaching tips and exercises specifically designed for each of the twelve star signs. MacKinnon covers everything from discovering personal strengths and weaknesses, choosing a career, and handling finances to finding and maintaining long-term relationships, attaining better health, and setting personal goals. From the impulsive, quick results-fixated Aries to the sensitive, chronically indecisive Pisces, Your Star Sign Life Coach helps readers develop their own system for personal development, taking them one step closer to realizing their dreams.

Total Life Coaching by Pat and Lloyd is more than just a book. It is an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients. Regardless of the personal coaching techniques or skills you may have learned, you may still not be the most effective coach you can become. This book will help you move closer to that goal. Life coaching is more than a collection of techniques and skills. It is more than something you do. Life coaching reflects who you are-it is your authentic being in action. Readers of Pat Williams's and Deborah Davis's book, Therapist as Life Coach, know Pat to be a gifted life coach and passionate teacher. Here Pat and colleague and writer, Lloyd J. Thomas, build on this earlier book and share a unique insight into the coaching process, which shows you precisely how to enhance your professional practices through practical and effective life coaching. It also empowers you to change your own lives through use of the practical information and philosophy presented here. Total Life Coaching is organized into a series of 50 life lessons, and is designed to be either read cover-to-cover or dipped into, as needed, for assistance when conducting a coaching session. Keeping life's processes on the "message and lesson" level makes living and life coaching much easier and more enjoyable. Total Life Coaching guides you step-by-step through the complex process of learning and coaching these fifty important lessons. The lessons are organized into 8 sections: Creating a Personal Identity; Coaching Spirituality and Life Purpose; Coaching Communication Skills; Living Life with Integrity; Success: Clients Achieving their Potential; Coaching Cognitive Skills; Creating High-Quality Relationships; Understanding Your Past to Create a Desired Future. Each lesson is presented as a structured recipe and includes: The life lesson The messages contained within the lesson Coaching objectives for your clients regarding the lesson What you need to know about the lesson to provide the framework for coaching it Coaching methods, exercises, questions, and language for bringing each lesson to your clients Sample coaching conversations that exemplify the coach-client dialogue for the coaching of the lesson.

Life Coaching Discipleship Course Use in Person or Online Many women want to go from where they are to where they want to be. They want to know their purpose and grow in their relationship with God. The Significant Woman small group discipleship course helps them do that in an enjoyable life-coaching environment. The Significant Woman Facilitator Guide helps you easily facilitate this life-changing discipleship course. "I recently led three groups of women through the life-coaching resource The Significant Woman. I have never seen this much life change in just 10 weeks time..." Cathy O'Neil, Women's Ministry Leader The Significant Woman course can be done either in a group (or if needed one-on-one). It can be done in person or on-line. This user-friendly Facilitator Guide includes the Participant Book with notes on how to facilitate each page. In the printed version women will fill the life-coaching tools in the book. In the Kindle version women will put their answers to the life-coaching tools in a document they create or they can write them in a journal or on paper. If you purchase the Facilitator Guide get FREE downloads of a couple of the key life-coaching tools, free facilitator coaching and ask any questions at significance.project@cru.org. For more information and to order printed books <https://thesignificantwoman.com/>. Check out "the significant woman" on Facebook. The Significant Woman course is a resource of Cru/Campus Crusade for Christ. It is in over 25 languages and used in more than 50 countries. This book contains everything you need to know in order to start or grow your own business as a professional life coach. It comes packed with Tips and techniques for managing your own coaching career. You'll learn: How the industry works How to set up your

own business in this field How to identify your niche How to use a wide range of coaching tools, skills and models How to generate business How to perfect your practise In addition to this, Wayne Malcolm explores the best philosophies and strategies behind effective life management, channelling personal change, managing emotions, motivation, problem solving and goal setting. This book is a must read for anyone considering life coaching on a part or full time basis.

The Double-Goal Coach is filled with powerful coaching tools based on Jim Thompson's Positive Coaching Alliance. These strategies reflect the "best-practices" of elite coaches and the latest research in sports psychology. Hundreds of workshops have shaped these tools for maximum effectiveness and ease of use. The lessons and activities can be used in the very next practice to make sports fun and to get the best from players. The Double-Goal Coach provides the framework for coaches and parents to transform youth sports so sports can transform youth -- allowing young athletes to enjoy sports while learning valuable life lessons. An A-Z of Life Coaching Tools, Tips and Techniques

The annual salary of a life coach can range from \$28,034 to \$251,068, according to Payscale's salary database. Your salary as a life coach will, however, depend on several factors, including:

- Your chosen market – if you coach top-level management cadre, you are likely to rake in more revenue.
- Your location – if you serve a niche within a city such as New York, you are likely to charge higher fee but the cost of operation may also be higher.
- Your level of experience – if you are particularly sound professional and have an excellent delivery pattern, you are likely to charge more.
- Your training and credentials – if you have been recommended and your coaching services have received approval from industry body, your brand equity will give you leverage to charge more.

The vast majority of life coaches' hourly rates fall within \$75 and \$200 per hour schooling a client, which doesn't usually include preparation time. When working on a retainer basis however, coaches normally charge a client between \$500 and \$2,000 per calendar month. On the profit side, an ICF study of the Bureau of Labor Statistics shows that the average life coach earned \$61,900 in 2015. This is considerably higher than the average annual wage of \$36,200 in the same year. This book covers a comprehensive guide on how to generate over \$300,000 annual salary as a life coach. We will take you through a step-by-step process of setting up a life-coaching business and building your brand successfully. If you are ready to start an exciting career as a life coach, then this book is for you. Tags: Relationship coaching tools, Life coaching description journal, Life coach certification cost, What is the role of a life coach, Benefits of life coaching, Life coach courses, life coaching tools and exercises pdf, coaching toolkits and toolbox, questions with workbook, how to start a business as a newbie, startup business plan, small businesses, life coaching for successful women, life coach discipleship, cheap start up businesses, small business forecasting, expand your business, trending business

Hundreds of client-centered assessments, forms, and checklists as well as the essential marketing aids that every coach needs to build a successful practice Founded in 1988, Coach U, Inc., is the largest provider of online training for individuals interested in entering the fields of personal and professional coaching. Coach U, Inc., has educated more than ten thousand people, providing them the information, tools, and knowledge they need to successfully enter the fast-growing world of life, career, business, and corporate coaching. Coach U, Inc.'s unique approach to training encompasses the entire development of the professional coach. From the beginnings of becoming a coach, to all the ins-and-outs of growing a successful coaching practice, this program provides a comprehensive, step-by-step approach to learning how to become a strong, ethical, and dynamic leader in the coaching field. An all-in-one guide, Coach U's Essential Coaching Tools includes all of the materials a personal or executive coach needs to start and grow a successful coaching practice. This handy book and CD package includes both self- and client-assessment tools and worksheets/exercises to aid you in working effectively with your clients, as well as proven marketing and business development materials to help you get more clients and run a profitable coaching practice or provide superior coaching within an organization. Among these useful tools, you'll find: New client checklists, discussion and principles lists, success formulas, coaching mistakes to avoid, and many other helpful tools for coaching Record keeping and documentation forms to use in tracking your clients' personal information and billing information Worksheets, checklists, and sample materials to help market your practice A CD-ROM that contains all the materials in the book-fully customizable for your unique needs

Evangelistic Life-Coaching Course for Women This beautifully designed, easy-to-use book helps guide each woman through the SOARING life-coaching course. SOARING is an evangelistic, life-coaching course for small groups that adds value to any non-Christian woman's life. In this course, women identify and celebrate their uniqueness, consider God as their life foundation and discover their direction in life as they pursue their personal life design. SOARING takes place in a life-coaching group environment where women experience authentic community. Within each life-coaching group, the facilitator presents the six life principles of the course in a safe and comfortable environment. Women participate in interactive discussions and activities, make personal discoveries through the life-coaching tools, and learn how to integrate the principles into their daily lives. Since this is a Christian website and most of the women in a Life-Coaching Group will be non-Christians, it is recommended that facilitators purchase the Participant Books for their group and have the women reimburse them.

Group coaching is rapidly becoming the preferred coaching option for businesses and individuals. Effective Group Coaching is a practical, resource rich, hands-on guide for the group coaching facilitator in one of the fastest growing new disciplines. Organizations, community groups and individuals are discovering that group coaching is an exciting and sustainable model and process for learning and growth. Written for internal and external coaches, HR professionals, trainers and facilitators wanting to expand their work into this area, this book provides tested methodologies and tools and tips. Both new and seasoned coaches will find the book a practical roadmap and go-to guide when designing, implementing and marketing their own group coaching programs. Case studies highlight how group coaching programs are being delivered globally through corporate and public programs, virtually and in person. Also, the author's dedicated web site offers resources and articles available for downloading.

Bestselling author offers a step-by-step program to making the right choices about a new career move Don't fear taking the leap into a new career with this seven step program from bestselling author and life coach Talane Miedaner. Whatever the situation or economic environment, Coach Yourself to a New Career gives you the tools to take matters into your own hands by assessing your needs and strengths, finding the right work fit, weighing options and possible sacrifices, and preparing your family for transitions. Packed with expert advice and helpful examples from her many statistical clients—as well as her own career change process—Miedaner shows how anyone can reinvent their professional life. Coach Yourself to a New Career: Offers a seven-step approach to career reinvention and practical advice for a smooth transition Profiles everyday people who achieved career reinvention on their own terms - and what their stories can teach you Shows you how to assess your needs and strengths Helps you decide what tough decisions or sacrifices you may have to make Prepares your spouse or family for transition Miedaner shares her own story of launching her coaching business—with careful planning, hard work, commitment and faith. She shows how you can follow other's examples to achieve the professional life you want.

Cognitive Behavioural Coaching (CBC) takes the highly effective techniques and principles of CBT off the therapists couch and in to the work place and the home. Whether you're already a coach, interested in becoming one or new to the subject; this friendly guide covers the origins and principles of Cognitive Behavioural Coaching and walks you step-by-step through the coaching process. The book explains how to use the tools and techniques of CBC to challenge negative thinking, make positive changes, achieve goals and improve effectiveness in your personal and professional life. Coverage includes: The principles and the basics of CBC The Attributes of the CB Coach and the CBC Process The CBC toolkit for Work and Life Exploring Potential and working with Relationships Managing Career Transitions and maintaining Peak Performance About the author Helen Whitten is an experienced and accredited coach, facilitator, mediator and writer. She is the Founder and Managing Director of Positiveworks London, a consultancy company providing coaching and development programmes to people in the public and private sector throughout the world.

Have you been wondering what type of coaching techniques and exercises are available to help improve your effectiveness as a life coach? Whether you are at the very beginning of your coaching journey, or are already an established coach, this book covers a whole host of easily digestible coaching tools and techniques for you to incorporate into your sessions.

Imagine being able to dissolve your clients' fears and blast through their blocks to action, in minutes instead of hours or weeks. The EFT Coach was the first ever manual for professional coaches and EFT practitioners. Now in its 4th Edition, it carefully works through the ethics and principles of using EFT as a coaching tool, and then presents a comprehensive guide to the many ways of using EFT to assist the coaching process, including ten new variations of EFT designed specifically for coaching issues. Learn how to use EFT to: Validate client goals Test client values and resolve value conflicts Clear blocks to action Remove limiting beliefs Ditch unwanted habits Reduce fear of change Written by a qualified Life Coach and EFT practitioner, The EFT Coach shows how EFT can enhance many standard coaching tools such as peak experiences, visualisations, inquiries, metaphor work, structures and homework. It also contains ten specially developed variations of EFT, designed specifically to help with coaching situations, including: The Doing and Being Pattern - A lot of coaching involves getting the client to focus on their way of being as much as the actions they are taking to achieve their goals, but these can often seem like separate or conflicting things. The Being and Doing Pattern brings both aspects together, helping to integrate the client's actions with their new way of being. The Celebration Pattern - If you ever had a client who found it hard to enjoy their own achievement or to even really acknowledge it at all, this pattern can help connect clients with their own success. The Yes/No Commitment Pattern - Successful commitment often involves releasing an old behaviour in order to commit to something new. The Yes/No commitment pattern addresses this problem directly, making it easier for your client to commit and stay committed. The Both of Us Pattern - Clients often anticipate the reactions of others before they make life changes, perhaps making other people a reason not to change at all. The Both of Us pattern offers a way to release these blocks to change, while fully accepting the presence and needs of others involved. The Non-Judgement Pattern - A key element of coaching is to avoid any judgement about what the client thinks or says. The Non-Judgement pattern allows EFT to be used in a way which makes no judgement about whether the issue being looked at is even a problem. It allows exploration of insights around goals, values and beliefs, without making any assumptions about the outcome. The Universal Belief Antidote Pattern - This pattern offers a way of dealing with ANY belief that has been identified as being an obstacle to a goal, but without having to delve into the source of the belief itself. Its purpose is to help the client discover new possibilities for a solution despite the belief. The Today-Is-A-New-Day Procedure - An easy-to-use, 10-minute "unsticking" exercise, suitable for clients with basic EFT knowledge. Ideal homework! "The EFT Coach is a brilliant and marvelously presented manual for combining two of the most powerful and effective tools for change, transformation and success - coaching and EFT. It is clear, detailed, practical and truly inspirational." Milena Galbraith, MA, LMHC, Aurora Holistic Also by this author: The EFT Coach Workbook for Complete Beginners

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.

A complete resource for both in-house and external coaches, 50 Top Tools for Coaching presents the techniques needed to comfortably face every coaching situation prepared to do what's best for the client. Full of templates, checklists hints and tips, it covers how to assess the needs of clients, select the right tool for the circumstance and deliver effective coaching with confidence. The book addresses all the key areas from the start of an assignment to its finish, including: setting up and managing the coaching relationship; understanding and resolving problems and conflict; increasing client confidence; enhancing client performance; communication and influence; and developing a leadership style. Examples throughout on how the tools in the book have helped coaches be more successful help bring the tools to life. Now with greater emphasis on professional qualification and accreditation, this fully revised 3rd edition of 50 Top Tools for Coaching includes a host of new tools for building credibility, building resilience and guiding others through change. It also features enhanced tools on self-development and strategy, a brand-new addition of transactional analysis tools, and an increased amount of career coaching tools. Online supporting resources include templates, reference tables and web links to help put the tools into practice.

Coach life purpose discovery with this practical, in-depth look at the tools and techniques of Christian life coaching. This sequel to the acclaimed book "Leadership Coaching" is filled with sample coaching dialogs, real-life examples, practical models, and over 60 formal destiny discovery exercises, all from a master coach trainer. By incorporating calling ("an external commission from God for others") into the heart of the life coaching process, Tony has crafted a biblical approach to destiny that encompasses all of life--including suffering and servanthood as well as passion and gifting---that moves destiny discovery from getting what I want in life toward creating a Kingdom legacy. Along the way, you'll learn tools for finding one's innate Design, unearthing Passions, identifying Life Messages, crafting convergent Roles, and much more. The companion volume, "A Leader's Life Purpose Workbook," provides all 60 discovery exercises in a handy action step format for your clients.

Do you want to go from where you are to where you want to be? Would you like to discover your purpose and personal mission? Do you want to help other men make these discoveries? Man of Impact is a small group (or if needed one-on-one) discipleship course for men in a life-coaching environment. It is best done in person but can also be effectively done online. Man of Impact provides life-coaching tools that help men be themselves and live how God uniquely created them. The sessions build community and relationships that men appreciate in the hectic pace of life. The Man of Impact workbook is divided into two parts: the first two-thirds is written for the Participant, and the other third is a Facilitator's Guide, which aids each course participant in facilitating a group with other men. In this digital edition the life-coaching tools will need to be answered in a separate digital word document, in a journal or on a piece of paper. Man of Impact is

available in printed form at <https://crustore.org/> Upon purchase of any version, you may request free downloads of key life-coaching tools, free facilitator coaching, information about other languages, or any questions at significance.project@cru.org There is also a similar dynamic course for women, The Significant Woman. It is available in ebook. This newest edition is also available in printed form (from crustore.org). The course is in over 30 languages. Combining life-coaching and screen-acting tools and techniques in one accessible handbook, this guide empowers actors to overcome personal inhibitions and approach their work, characters and careers with the assuredness to produce powerful, real and believable acting on screen. Structured to build confidence and understanding of yourself before you take on the role of someone else, this book offers the tools and techniques to give you the necessary conviction and self-assurance to perform uninhibited. Dresner then examines essential elements of a screen actor's craft, such as emotions, imagination, nerves, focus, listening, improvisation and line-learning. Published in partnership with The Actor's Centre, the book includes online videos of coaching sessions with professional actors and is ideal for readers and teachers looking to replicate the method in their own training.

This book is unique in many respects: 1. The author gathered in one place 13 coaching frameworks and 150 coaching tools from a variety of disciplines, including professional coaching, psychology, training, and business management. 2. It introduces a new model for the coaching process (SPARKLE), organizes and leads the reader through available tools in accordance with different phases of this model. 3. It combines theory and practice, providing not only a list and description of coaching tools but also valuable illustrations by way of many insightful "one-minute" case studies. 4. To facilitate implementation by the reader, four categories (life coaching, career coaching, business coaching and executive coaching) are set forth, with each tool listed in the Table of Contents falling where it fits best. Laura Komócsin was the founder chairman of the Hungarian Chapter of the International Coach Federation. She successfully supported as a coach executives of several large companies, like Deutsche Telekom, Telenor, MTV, Erste bank, TNT, Kraft, AMEX, UPC, Vodafone, TESCO etc. She is ranked as the No. 1 Coach in Hungary. Thus far, she has published three best-selling coaching books in Hungary. When her first book was published she received several requests from US to Germany to translate it into English. While there are a substantial number of coaching books, the feedback she received was that her book, which contains an extensive overview of coaching models and tools, is unique in its kind and would be valuable to a larger, international audience. Her model consists of assisting the coach in following the natural flow and stages of a typical coaching process. SPARKLE is an acronym comprised of seven stages whereby each letter represents a step in the coaching process. S Situation P Positioning A Alternatives R Route K Key obstacles L Leverage E Evaluation References: Great tips for coaches! Practical tools that you can use! Marshall Goldsmith, the Most Influential Leadership Thinker in the world. (Harvard Business Review) Laura is very knowledgeable and has an excellent understanding of coaching. She describes coachees as diamonds and herself the diamond polisher. I feel that her book will be both valuable, and enjoyable to many coaches. Sir John Whitmore PhD, #1 Business coach (The Independent), Bestselling Author of Coaching for Performance and developer of the best known coaching model, GROW. This book is extremely comprehensive and a terrific addition to every coach's tool-kit to significantly increase coaching effectiveness. Laura's extensive knowledge of coaching shines through and she has produced a book that amalgamates her work with the work of many leaders in the coaching field to produce 'a whole that is much greater than the sum of the parts'. Graham Alexander, Originator of the GROW Model, and author of SuperCoaching and Tales from the Top, Alexander Founder A unique and meaningful addition to every coach's professional library... to support their finest coaching whether at a masterful or beginner level. Incorporating many case studies provides in-depth examples and context as a springboard for bringing the information into reality with clients immediately. Bobette Reeder, MEd, MCC, Past President - International Coach Federation, Co-founder - Conversation Among Masters, Co-founder - The Coach Initiative In Toolful Coach, Laura Komócsin has done an incredible job of compiling dozens and dozens of valuable coaching models, tools, resources, examples, and case studies which collectively translates into an invaluable, and easy to access, resource for any serious coach. Steve Mitten CPCC, MCC, President ACOACH4U.COM This toolkit is an extraordinary work. It should be a 'must have' in every coach's toolbox. Gerard O'Donovan, Owner and Founder of Noble Manhattan Coaching, President - International Institute of Coaching

5 x 8 " paperback about reducing stress and overwhelm

Are you involved in helping people to achieve their goals? This workbook sets you up for becoming the practical coach with the use of everyday coaching skills that help to unlock peoples

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