**Life Coaching**

**What is NOT Life coaching?**

* Advise giving
* Teaching or Lecturing
* Professional Consulting
* Counselling or Therapy

**What is Life Coaching?**

Life Coaching is a process in which the client wishes to achieve personal growth in his life and the coach is there to act as a guide and to provide structure and methods to help the client face the challenges and accomplish changes. Life Coach offers clients another set of eyes and looks at their life from an objective perspective.

Coaching can involve any aspect of the client’s life, including mental, emotional, physical, relational and financial.

**Why everyone needs a Coach?**

We live in times when almost everything can be available to us at fingertips. People spend crazy amount of money on self-help books, trainings, and education in pursuit of change and improvement.

However most of books are never read, most of programs are never finished, and most of knowledge is never applied.

The reason people don’t pursue their goals and dreams is not because they don´t have time, desire or resources. It is because goals take big commitment, and people have distractions, people have responsibilities, people have limiting beliefs, people have fears and doubts.

The truth is that change is hard and people need encouragement and accountability. They need someone to help them grow out of their old patterns and comfort zones and guide them on a road to fulfilled potential. People need a Life Coach.

**About Me.**

Hi, my name is Yana, and I am a certified Life Coach who is passionate about helping people to become the better versions of themselves. I guide my clients on a journey to self-awareness, clarity, self-fulfilment, and confidence.

If you feel stuck in life, can´t find your life purpose

As a Life Coach I will give you:

* My unconditional support
* My full attention
* My insights and feedback
* Accountability
* Non-judgemental environment

As a Life Coach I can help you with:

* Defining your True Self
* Setting and Achieving Goals
* Finding a compelling Vision for your Life
* Change Limiting Beliefs system
* Increase Emotional Well-Being
* Finding your Life Purpose
* Improving your Life Balance
* Growing in Confidence

**How does it work?**

If you are interested in working with me, send me an email \_\_\_\_\_\_\_\_\_\_\_\_\_ and we will discuss the details and your concerns and set up your first appointment. If we decide to work together, we will meet virtually in Zoom Sessions once per week/ biweekly or by individual agreement.

**Quotes:**

“A goal without a plan is just a wish”

― Antoine de Saint-Exupéry

“Everything that happens to you is your teacher. The secret is to learn to sit at the feet of your life and be taught”

― Polly Berends

“Without a clear focus on our guiding values and priorities each of us runs a real risk of successfully climbing a very long ladder only to find it leading against the wrong wall”

― Stephen Covey

**Happy Clients Say:**