**Coaching Page**



According to history ‘**Coaches**’ have always played an important role in the society we live in. There has always been one sort of coach or another in the society – the town priest, the elders, the grandparents, uncle, aunty, sometimes they have served as role models and mentors for us.

I believe the title “coach” is something you and I hear a lot of, however we should not take it lightly – because those who wear it understand the awesome responsibility that they have in helping shape the destiny of individuals, families, and the society at large...

The 2014 Global Coaching Client Study showed that of those who had received coaching:

**✓ 80% saw improved Self-Confidence**

**✓ 73% saw improved Relationships**

**✓ 72% saw improved Communication Skills**

**✓ 70% saw improved work performance**

**✓ 61% saw improved business management**

**✓ 57% saw improved time management**

**✓ 51% saw improved team performance**

**✓ 99% indicated they were somewhat fully satisfied with their coaching experience.**

**✓ 96% said they would do it again**

**FREE consultation Call +1 289 291 7781**

**Our Coaching Programs**

⌂ Life Coaching +

⌂ Career Coaching +

⌂ Business Coaching +

⌂ Coaching for Coaches +

**Why Coaching? +**

**You cannot teach humans anything.**

**You can only help them discover it within themselves."**

**~ Galileo**

In today’s world, Coaching isn't just for sports anymore. However, the roof of successful performances, achievements, and successes can be found in the coaching received by individuals enacting the great deeds

Coaches can help people take the next steps in their lives, for example, help them successfully navigate through their transitions. The transition could be moving up to the next level of their health, relationship, work and financial lives.

It becomes a lot faster and easier to get to where you want to go to in your life if you have someone to walk the journey with you, navigating past the pitfalls and ditches, and pointing out the shortcuts; someone who cares and is a professional supportive partner helping you in the process. This the difference coaching makes.

**Coaching helps you take stock of where you are now in all aspects of your life, and how that compares to where you would like to be.**

~ Elaine MacDonald

An article in the Washington Post June 2003 stated that people are now skipping the psychiatrist and hiring a life coach instead. It is estimated that **80%** of those seeing a therapist did not exhibit or have a mental disorder.

**Coaching appeals to people because it facilitates a confidential relationship with a trusted professional without any of the social stigma attached to the consultation process.**

**Some Other Benefits Of Coaching Include:**

*◼ Life coaches are more than friends with whom to share your problems*

*◼ Life coaches are sounding board for solutions to the challenges that we face on a daily basis.*

*◼ Life coaches are mentors, in some cases, cheerleaders, to move us toward our dreams and goals.*

*◼ Life coaches are a part consultant, a part family (if that family experience is a good one).*

*◼ Coaches unleash the power of partnership.*

**Get Started …with our FREE Consultation Now!,**

**Or simply speak to one of our coaches**, Call +**1 289 291 7781**, +**1 905 379 2427** or email: [info@livinganeffectivelifestyle.com](mailto:info@livinganeffectivelifestyle.com) ... you’ll be glad you did.

**Update Notes:**

1. Just rewrote the whole page.

2. Everything else looks great.

3. Please remove Where did the concept of coaching originate?

What is the distinction about coaching?

4. Remember to use the rewritten content for Why Coaching that’s above.