**⌂ Life Coaching Programs**

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Life Coaching is a professional service providing clients with Feedback, Insights, and Guidance from an outside vantage point.

The profession of coaching is similar to the practice of a physician, a trainer or psychologist, however, the major difference is that coaching is an On-going, Collaborative Partnership built on “Taking Action”.

For example, say you want to accomplish a goal, *maybe lose some few pounds or venture into a new career, or launch a new business, or get promoted at work or whatever it is you are looking to accomplish, you can either do it yourself or you can work with a supportive professional who will collaborate with you on the best ways to achieve your goals.*

A coach will invest the needful time, the attention and the focus on making sure you are prepared emotionally, physically and mentally to do what you need to do. Then the coach will also hold you accountable to make sure you stick to your chosen programs each week and month until you accomplish your goal.

Something to also take to heart is that we will help you decide what you really want for your life, get clarity and define purpose. We who will also help you set goals tailored to your person, give you the required tools and support you all the way.

**Life Coaching +**

Consider us as your very own, individual coach, helping you find solutions for your life. In a situation where we won’t judge you or tell you that what you are doing is crazy or that what you are thinking of doing won’t work.

As your coach, we will help guide you where you seem to have gone off track, help you set priorities, identify your passions in life and get you to become the person you want to be.

Some of the specific areas we can assist you with through our life coaching signature program will include:

✔ Healthier lifestyle.

✔ Feeling dissatisfied.

✔ Re-evaluating life choices.

✔Making more money.

✔ Improved relationships.

✔ Image consulting.

✔ Managing time more effectively.

✔ Identifying limiting beliefs and changing them.

✔ Working through stressful life challenges successfully.

✔ Helping bring calmness to chaos.

✔ Transitioning into retirement.

✔ Grievance counseling.

✔ Becoming more successful in your desired area.

✔ Dealing with Difficult People.

**Managing Change +**

Not sure what to do and just feeling stuck, sometimes it is this feeling of being overwhelmed… one thing for sure is that as much as change is life’s’ constant, some of us still resist it, Why? Because we are creatures of habit.

Some people just want things to stay the same while others seem to be afraid of change thinking they would be lost in the process. Change is a great thing if you understand the process and how to manage yourself through the transition.

**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. Please see if you can change or fix the photo on the Life Coaching page, it looks elongated

2. Rewrote the introductory part of the Life Coaching page as shown above.

3. Remove the What is Life Coaching? Since we already described that in the introductory section.

4. Now have: Life Coaching +

Managing Change +

5. Rewrote the Managing Change section

6. If you decide to leave some specific areas we can… okay but please remember to make the changes, I rewrote everything.