

For health and nutrition coaches and everyone else in the helping professions. This guide provides the theory, activities, scripts, and skills that are proven to work by research and Master Therapists. These are the skills I have learned from 10 years of classroom learning, in the clinic training, research studying, client feedback, and expert consultation. Incorporate these qualities, practices, and activities into your coaching practice and watch as your confidence soars, your clients thrive, and you meet all of your goals for success. While other texts may provide an exhaustive overview of material that is largely academic and only slightly useful for improving your coaching work, this book provides solely the most important factors for coaching and client success. Decrease your anxiety and worry about what to do in session, and feel confident handling any situation that arises in your work with clients.

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Most coaches are evaluated on their win-loss record and exit interviews of student athletes. What if there was a better way to foster healthy constructive feedback. HEy! my name's sonia. I'm a life coach because I know this stuff works. Are you trying to hold it all together? Not sure where you belong? You're so busy keeping .

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