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6 Benefits of Working with a Coach

Coaching is proven to work when two factors are present:

1. The client is willing to grow
2. There is a gap between where he/she is now and where he/she wants to be.

That is all that is necessary for you and your coach to solve problems, create a new life, turn a business around, double sales and profitability, and design and implement a plan of action. Or, whatever else is called for to ensure that you have what you need to get more of what you want.

WITH A COACH YOU WILL:

1. **Take more, better and smarter action**
Because you set the goals you really want

Our first task together is to find out exactly what you want for yourself. Once you create objectives that are clearly in line with your personal values and professional vision, you are much more likely to naturally and consistently take actions to reach them.

2. **Have a balanced life**
Because you designed it

Professional success is maximised when you enjoy a sense of personal fulfilment and life balance. We will discuss how to be selfish yet responsible, and how to carve out enough time so your life outside of work is exactly the way you want it to be.

3. **Make and keep more money**
You are worth more than you're making

Most people are worth more than they are making. Are you happy with your financial situation? If not, you and your coach can look at your beliefs about money and address whatever is keeping you from experiencing financial abundance.



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- 4. Reach for more, much more**
And not be consumed in the process

When you have a partner you trust, you will reach for much more because you can afford to. Are you ready to think big and really live your life fully? A coach is a partner who will enable you to take your life wherever you want it to go.

- 5. Make better decisions for yourself and your business**
Because your focus is clear

Your coach will help you become focussed as you share ideas with him/her. A coach will understand you and be subjective enough to want a lot for you, yet objective enough to not be biased or self-serving. Just talking about your options with someone who really listens is often not enough to clarify things.

- 6. Have a lot more sustainable energy**
No more chugging along

Your coach will help you to identify the things that drain your energy and create a long-term strategy to eliminate them. In addition, your Coach will focus on the things that give you energy and explore how to maximise their impact. When you're happy, productive, and free from tolerations and problems, life is a lot more fun!