



LIFE COACHING

Life coaching is the practice of supporting an individual through the process of achieving a specific personal or professional result. Self-acceptance, sticking to a desired lifestyle change and letting go of our established thinking patterns can be difficult to do on our own. The job of a coach is to assist you through your transition and keep you focused. Life coaching is not psychotherapy.

As a **Certified Life Coach**, it is important to meet the client where they are in life. The coach works together with the client to identify past challenges, not to dwell on them, but to create awareness and take steps to avoid them from reoccurring. Then, goals are created together, and the coach keeps the client focused on taking the necessary steps toward achievement.

Each individual requires a customized program. However, the general approach is to assist the client to a deeper level of understanding themselves. This is done by talking with the client and listening to what he/she wants to achieve. Exercises may include affirmations, reading and listening to CD's and/or writing assignments.

Achieving goals becomes easier because the client will be trained to identify old patterns of behavior and will use cognitive thinking skills to stay focused on the goals they have set together with their coach.

It is important to set appropriate goals preferably one at a time, but no more than three at one time. This approach makes for a successful accomplishment that makes one feel refreshed, stronger and capable of doing anything!



JBS WELLNESS

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