



**MOTIVATING
SELF
AND OTHERS**

Burnout Coaching is helpful when you can't say "No," have porous boundaries, and are at risk of becoming ill because you want to please everyone

Business Coaching is for entrepreneurs who own and operate their own business.

Career Coaching is for those who have just completed their education, or are in transition, or are ready to find the career that is best suited to them.

Coaching Children happens when there is a concern that the parents cannot deal with on their own. It is not deep-seated, nor is it associated with trauma since those situations are best referred to a therapist. The Coaching of Children is usually short term and may also involve the parents. The purpose is mostly to find out what is happening in a specific situation and determine a successful action plan.

Creativity Coaching is utilized when an individual wants to access their creativity, break with routines, or bring more enthusiasm to their life

Executive Coaching happens when an organization wants to support and empower its management team by securing an external coach who can be a safe, confidant to help the executive sort out concerns, issues, and challenges to efficiently expedite solutions and strategies in a timely manner

Expat Coaching is for those living in a country that is different from their country of origin. The purpose is to support them in designing a life in a new land that is fulfilling.

Life Coaching is for adults who have a concern related to health, home, work, or relationship that they are spending time thinking about and are ready, willing, and able to have a supportive, unbiased, and non-judgmental person facilitate them coming to choice.



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Medical Coaching is for those dealing with a health challenge that appears to be life changing. Medical advocacy or medical coaching can be focused on oneself, a loved one, or a situation that is complicated, involving: research, choices, communication, strategy, finances, insurance, and/or completing one's time on Earth.

MBTI Certified Coaching is about learning more about yourself after taking the online instrument, Myers Briggs Type Indicator. A trained administrator helps you understand your preferences, stresses, choices, and minimize the stress by aligning with preferences whenever possible,

Relationship Coaching is done both individually and in couples. The purpose is to address the concerns, issues, and map out a plan to achieve harmonious interdependent interactions.

Retirement Coaching is for those who have reached retirement age and want to design their future rather than succumb to the dictates of society.

Team Coaching is for teams of people, usually employees, who want to focus more effectively on the alignment of their energies to produce a desired result.

Time Management Coaching is about addressing the ideal expectations of time utilization, sorting out the time gobblers, making choices about changing behaviors from "wasters" to "functional utilizers."