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# Coaching to Double Your Time Off! What is Life Coaching?

- Life coaching essentially focuses on guiding individuals in meeting both business and personal goals. A life coach helps individual solve problems and achieve aspirations. They also give support when needed and hold their clients accountable to the goals which are created which creates more successes.
- A Life coach can be seen as a form of counseling or even mentorship as well.
- I.e. Personal Trainer



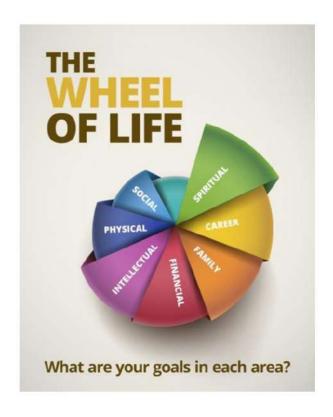
#### How does Life Coaching work? How to Maximize it?

- Life coaching entails a series of individual sessions. Sessions can be achieved over the phone or through face-to-face sessions.
- Life coaches usually work in 90, 180 or 365 day periods and have weekly sessions. This helps manage goals and provide structure.



# What is your Big Life Goal? Let's share!





#### Areas that Life Coaching Improves

Having Struggles or Wanting to make a Change:

Career

Health

Relationships

**Family** 

Money

Other specific areas that matter to clients

What are the benefits?



#### Why Life Coaching?



#### Famous People Life Circles Has Helped

- NFL Pro Bowler/Super Bowl Champ -LW
- Celebrity KA
- Political arena
- Millionaire's
- CEOs/Presidents
- Lawyers
- Inventors
- Law Enforcement
- Entrepreneurs/Business Owners
- Real Estate Professionals/Financial Professionals



- All Famous athletes and celebrities have coaches
- Including coaches themselves, such as Tony Robbins, Country Presidents, Olympians, Fortune 100 Execs...
- They attributes a lot of his successes to coaches and mentors

# Are you 100% Fulfilled in Every area of Your Life?



### How Psychology and Psychotherapy experience will help coachees

Examples...

Coaching is the fastest growing industry

You can be a *specialty* coach! We can help you grow your side coaching business & you can *collaborate* with other coaches, like us!

#### **Gifts**

- 1. Top 5 warning signs to notice in a young person suffering
- 2. Top 3 Critical mistakes parents of young people make
- Book Marty & Elena co-authored: "Success from the Heart"
- 4. Affiliate commissions
- 5. Free 15 min consultation with Coach Marty

Go to <a href="https://www.Life-Circles.com">www.Life-Circles.com</a> and fill out the contact form on the contact page to redeem all Gifts!

