

# Life Coaching Essentials Workshop

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Many people often mistake a life coach for a mental health professional, such as a psychiatrist or a therapist. This misconception often leads people to believe they do not need a life coach since they feel as though nothing is wrong with their mental health. However, a life coach is designed to help improve a person's professional and personal life by working with them to achieve their goals.

With our Life Coaching Essentials workshop, your participants will discover the meaning of life coaching and how life coaching services can be utilized to achieve their goals.

## Workshop Objectives:

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- Determine the purpose of life coaching
- Define benefits of life coaching
- Know the tools and techniques for life coaching
- Outline a life coaching session
- Know the different areas of life coaching



For more information or to reserve your spot in this workshop, please contact:

Zelna Naude – 082 786 5690 – [zelna@boekhoukursusse.co.za](mailto:zelna@boekhoukursusse.co.za)