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Here are the 7 Essential Qualities of a Great Leader that Every Life Coach Must Learn 1.

Integrity “The supreme quality of

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leadership is
unquestionably
integrity.

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7 Essential Qualities of a
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The 7 “ shifts ” that
have formed me as a
coach are as follows:

Training
Business
The principle of
maximal intensity and
supercompensation;

Specific lifting

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jumpstarts better motor patterns; The power of the 4-day training split; The minimal effective dose of lifting; Slow twitch-fast twitch; Be Activated, muscle activation, and muscle patterning

7 Essential Paradigm Shifts in My Coaching Life (So Far)

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Coaching actually is, why you should consider becoming a life coach, getting ready, what you need to venture into life coaching, choosing your life coaching method, starting the business, marketing yourself, managing client expectations, and tips for being successful.

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...

Visualization is a

practice used by highly
successful people. Life
coaches utilize this

technique to help their
clients reach their goals.

It is the process of
vividly imagining your
life the way you want it
to be and picturing

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important scenarios
turning out successfully.
Life coaches can guide
you through the practice
to teach you the art of
visualization as well as
to help you choose the
...

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Live Your Best Life
With These 11
Techniques That
Coaches ...

Group Life Coaching.

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On top of the interpersonal considerations just listed, group life coaching involves a host of logistical skills that wouldn't ordinarily fall under a life coach's expertise.

Outside of organizational contexts, group life coaches don't have the convenience of ready-

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made teams on hand.

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32+ Coaching Skills and
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Coaches & Leaders

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. 12 Modules.

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the best-selling therapist-
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Therapist As Life

Coach, Pat Williams

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therapeutic community
to the career of life
coach, and in *Becoming
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Menendez covered all
the basic principles and
strategies for effective
coaching. Now
Williams, founder of the
Institute for Life Coach
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your child should know

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