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What is coaching?

Coaching is when someone is trained and devoted to guiding others into increased competence, commitment, and confidence.

Coaching leaves each person being coached with increased self-confidence, clearer direction, and greater fulfillment than he or she would have had otherwise.

Coaching is not for those who need to overcome disruptive painful influences from the past.

Why do I need coaching?

Coaching is needed to people want something different in their lives and here to name a few:

- Finding a life purpose
- Setting and Reaching specific goals
- Getting unstuck, getting out of ruts, and moving forward
- Developing a closer walk with God

Why should I choose you as my coach?

You should choose me as a coach because I am effective, and I am effective because of the following:

- I am sensitive to people and coaching is relational
- I believe in people because people need to feel supported
- I am flexible because pessimistic and non-risk taking coaches are ineffective

