

Life Coaching Needs & Benefits Assessment

Connect with us if your answer is yes to above 50% of these questions

1. There is something I want to change in my life;
2. Establish and clarify what I need and want out of relationships, life, work, spirituality, AND obtain all that I need and want;
3. Establish and clarify what my whole person (mind, body, soul, and spirit) needs are, AND obtain them;
4. Establish and clarify what my dreams, aspirations, wants and needs are, and what my passion and purpose in life is, AND live them to the fullest;
5. Do you know what you want and just can't seem to make it happen?
6. Do you want to take action and bring about learning and the changes you desire?
7. Improving interpersonal communication skills;
8. Increase learning, growth and development and accelerate personal skills development;
9. Do you want to move forward in your life instead of remaining as is?
10. Overcome psychological inhibitors and drivers and in so doing overcome what is holding you back, resulting in the pursuit of a compelling reason to move towards your goal;
11. Improved performance and productivity;
12. Adapt easily and with greater flexibility to change;
13. Convert what you know should be done, into actually doing it;
14. Become focused, goal and learning orientated, and "keep on track";
15. Hold yourself responsible to you and your highest intentions;
16. Identify and live out your true passion, purpose and life legacy;
17. Identify and achieve your dreams and aspirations, wants and needs, and vision;
18. Discover previously unimagined opportunities, perspectives, and innovative ideas;
19. Creation of opportunities through personal growth and development, as well as improved identification of opportunities and a tendency to "grab" those opportunities;
20. Clarification of personal and organisational values and beliefs that are at the core of what motivates you;
21. Meaningful, developed lived life and or business strategy and plan;
22. Effective self-management and accountability for ongoing forward movement;
23. Replacement of negative behaviour and attitudes with positive behaviours and thought processes;
24. Identify and utilise core competence thus enabling greater success and wealth;
25. Enhanced decision-making skills by creating time and space for objectivity on key issues.