



Life Coaching

1. What is Life Coaching
2. What Life Coaching is Not

Prepared By: Arnold Shkaidy

Qualifications

BA, BEd(Psych),

MEd(Psych)Cum Laude, MBA.



What is Life Coaching?

- Enhances your personal growth and overall well-being
- Focuses on developing your unique potential
- Addresses your specific life challenges
- Provides a safe space for exploration of and aspirations
- Partners with you to achieve meaningful life goals
- Helps you navigate life challenges with confidence
- Expands your options for making decisions
- Guides you in improving your relationships
- Promotes your self-awareness, resilience and fulfilment
- Empowers you to create the life you desire

What Life Coaching is Not

- Does not focus on your past.
- Does not give you all the answers.
- Does not "fix" your personal issues.
- Is not therapy or counselling.
- Does not impose specific solutions or paths on you.
- Is not a quick fix for life challenges.
- Is not mentoring or advice-giving.