

Life Coaching Manual

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Life Skills Coaching Manual 1973

The Business Coaching Handbook Curly Martin 2007 Set in the same user-friendly format as "The Life Coaching Handbook," this book guides the reader through a step-by-step process to coaching. It targets business entrepreneurs who have recently achieved the primary goal of getting the enterprise up and running, or who want to take their business to the next level. [Life Coach Handbook](#) Kevin William Grant 2020-01-23 This textbook covers the fundamentals of setting up a coaching business. I share tools and techniques that will assist you in launching and running your thriving coaching business. I approach this topic from coaching, psychology, counseling, marketing, and corporate management perspectives. The following foundational coaching resources are covered in this handbook: Context: Background Information - Guidelines: Best Practices - Planning: Decision-Making Techniques - Records: Documentation Best Practices - Skills: Core Coaching Skills - Business: Foundational Business Knowledge - Exercises: Proven Techniques - Forms: Sample Forms and Business Documents - Tools: Smart Tools to Pinpoint Client Issues

The Coaching Manual ePub eBook Julie Starr 2013-10-18 Widely recognised as a leading practical handbook on coaching, The Coaching Manual combines an understanding of coaching principles, skills, attitudes and behaviours, along with practical guidance and a comprehensive tool kit for coaches. The Coaching Manual demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes: models, perspectives, skills, case studies, tips and advice.

Life Coaching Dave Ellis 2006 Life coaching is not therapy, but many of the qualities that therapists possess, naturally lend themselves to a life coaching approach. This is a guide to turning your natural people-helping skills into a profitable life coaching business. It appeals to therapists and counsellors used to conducting therapeutic interventions.

The Life Coaching Handbook Curly Martin 2001 This guide to life coaching reveals what life coaching is, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skills, it contains key NLP-based techniques that include - State Control; Rapport-building; Spiral Coaching; Meta-programs; Meta-languages; The Milton Model.

Training Manual for Personal Coaching and Counseling Dean Amory 2015-09-04 This is the third in a series of five books. Part 1, "Definitions and Models for Personal Coaching and Counseling" is about what Personal Coaching is and offers a survey of the most popular models for Coaching. Part 2, "Techniques for Personal Coaching and Self Coaching" introduces you to the most powerful coaching techniques in use. Part 3, "Essential Knowledge for Personal Coaches", highlights the knowledge and skills that are indispensable for anybody who is considering life coaching as a career or as a serious self coaching process. Part 4, "Empowering Coaching and Crisis Interventions", helps lay counsellors, relatives and friends of people in need to discover empowering techniques for supporting the people around them that find themselves afflicted by crisis. Part 5, "When Every Word Matters", is about creating and expressing an attitude of empathy, which will prove useful every time when the way we see and experience things is different from the way our interlocutors do and is particularly interesting as a guide for communicating with persons who are suffering from a psychosis. Dean Amory's Coaching Guide is an invaluable and practical standard reference work and training manual for anybody who takes life coaching seriously, be it as a means to enhance their own life through self-coaching, or as a professional life coach. The five books - "Definitions and Models of Coaching", "Coaching Techniques", "Essential Knowledge for Coaches", "When Every Word Matters" and "Empowering Coaching and Crisis Interventions" - together form a comprehensive, highly accessible and easily navigable training program and workbook that is very transferable to the every day practice and by far the most practical coaching source available today.

Surf Life Saving Coaching Manual Surf Life Saving Australia Staff 1988

The Coaching Manual Julie Starr 2008 The second edition of this bestselling manual remains the practical, readable guide to the skills, insights and perspectives of being a highly effective personal coach.

DISCOVERIES WITH COACHING EXECUTIVE AND LIFE COACHING SNEHASISH DUTTA 2021-11-29 Discoveries with Coaching is a detailed, practical approach for inspiring transformation in leaders and individuals through Coaching. Coaching is an effective, result-oriented process that unravels the hidden potential of an individual, finds the goal with much better clarity, defines a road map and works on a journey of transformation towards success. Highly recommended for all professionals, individuals, success hunters and result seekers. The book details process, tools and techniques which can be adopted.

The Nurse Executive's Coaching Manual Kimberly A. McNally 2010 The Nurse Executive's Coaching Manual provides a complete overview of coaching: its value, models, how to hold a coaching conversation, assessments, and self-development strategies for the coach. Content is useful for coaching health care leaders from a variety of backgrounds, not just nursing. Reader exercises encourage practical application of material. Appendices include coaching model, assessment of core competencies, and a sample agreement form.

Life Coaching for Kids Nikki Giant 2014-04-21 Life coaching is a great way to help children and young people build self-esteem, set positive goals and deal with difficult issues such as bullying, anxiety and poor body image. This book sets out what life coaching is and how it works, what the benefits are, and how to go about coaching children and young people. Part 1 covers the background, theory and different types of coaching, and Part 2 explores the life coaching model and different techniques used, with examples of how coaching works in practice and how to build skills. The third part contains activities and photocopiable worksheets to use in practice with young people. They include general activities to develop self-esteem, set goals and build confidence, as well as activities for specific issues such as bullying, poor body image, relationships and anxiety. Suitable for use with young people aged 9-16, this practical guide is ideal for coaches, teachers, counsellors and youth workers wanting to put coaching into practice with young people, and is also suitable for parents to use at home with their child.

Life Coach Training Manual Randy Siciliano 2017-11-09 The AAG Training Course is your resource to become an AAG Life Coach. The Training Course consist of 21 Sections. With AAG you will learn knowledge and skills with four areas of Life Coaching income. We are more than just an educational system. Our organization is about people helping people and on-going support to help every AAG Life Coach develop a successful practice.

Christian Life Coaching Handbook Tony Stoltzfus 2009-08 Coach life purpose discovery with this practical, in-depth look at the tools and techniques of Christian life coaching. This sequel to the acclaimed book "Leadership Coaching" is filled with sample coaching dialogs, real-life examples, practical models, and over 60 formal destiny discovery exercises, all from a master coach trainer. By incorporating calling ("an external commission from God for others") into the heart of the life coaching process, Tony has crafted a biblical approach to destiny that encompasses all of life--including suffering and servanthood as well as passion and gifting---that moves destiny discovery from getting what I want in life toward creating a Kingdom legacy. Along the way, you'll learn tools for finding one's innate Design, unearthing Passions, identifying Life Messages, crafting convergent Roles, and much more. The companion volume, "A Leader's Life Purpose Workbook," provides all 60 discovery exercises in a handy action step format for your clients.

Little Life Coaching Manual by Mema Freddie Martin Arbuthnot 2013-03-27 If you want to improve your life this little coaching book can help you.

Life Coaching: Bullet Guides Bekki Hill 2012-08-10 Open this book and you will - Learn what life

coaches do - Understand people's needs - Provide practical advice - Make a positive difference *The Power of Life Coaching, Abridged Edition* Holley Swanson Clough 2021-01-21 University adult programs are recruiting and retaining the fastest growing student segment in higher education. Yet, two of the biggest challenges faced by organizations today are declining enrollment and decreasing retention rates. In this time of globalization, artificial intelligence, and shifting consumer preferences, it is not business or education as usual. The leading challenges faced by business and education sectors both are a declining workforce and enrollment retention rates. Organizations, comprised of adult learners, need to adapt to accommodate this complex population. The updated Power of Life Coaching offers a how-to guide for business owners, organizational leaders, human resource development personnel, as well as enrollment personnel, seeking to address these challenges while transforming the lives of those they lead and serve along the way. Comparative research contrasting key missional alignment indicators determined that life coaching has the most significant transformational impact on adult learners' lives. In response, this ethical coaching model was developed based on adult experiential learning and values-based institutional assessment, all in alignment with the International Coach Federation's ethically founded competencies. This text is theoretically based, delivering a coaching technique for adult learner satisfaction, leading to increased retention rates. The Power of Life Coaching is a manual for assisting personnel and teams to fully embrace and live out their mission and values. *Life Coaching Manual: "Meeting People Where They Are, Helping Them Take The Next Step"(TM)* Margaret Garner 2014-05-29 As one of the 6 Primary Programs of the 28/20(R) project, Life Coaching provides training for lay leaders who aspire to 'meet people where they are and help them take the next step' of growth to maturity. It offers a philosophical approach and is carried out through the design and implementation of practical growth projects tailored to individual needs and levels of maturity. Growth Situations occur when Life Coaches are both embedded in Discipleship Communities to help group members implement teaching and scattered throughout various church ministries to support implementation. Some of these practical growth projects include WDA tools such as the Christian Growth Checklist and the N.G.P. (Needs, Goals, Project) Approach. These tools along with an understanding of the role of an equipping coach and the biblical framework for growth found in the R-CAPS(R) Grid are part of the Life Coaching training WDA gives.

Matrix Therapies Pip McKay 2017-01-13 The Matrix Therapies manual is for all students of the Diploma of Life Coaching program.

Life Coaching Thomas Keane 2016-06-25 Life Coaching: Essential Questions And Activities For Your Professional Life and Business Coaching And Certified Career Consulting Business Life coaching is a future-centric approach used to help people improve their lives. This is usually done through the establishment and achievement of personal as well as professional goals. Even though this career life coach or business coach may resemble the functions of a psychiatrist or a psychologist, life coaching is different. Life coaches don't look back on the past of their clients, and they merely evaluate areas in which the client may improve and provide advice on how they can improve. Are you ready to become a coach? This is the ultimate guide to becoming a life coach! Many of us are excited about setting our life goals, especially at the beginning of the year, only to be disappointed because we have failed to achieve them because we have stopped working on them at the middle of the year. There's no way we can predict the challenges that we will face in our lives, and usually our priorities will change as we go on. However, these things should not keep you from pursuing happiness and fulfillment in your life. A life coach can help someone to get back on track and continue working on achieving his life goals. Life coaching is an amazing career and business opportunity, surprisingly rewarding, and could be really profitable. If you have what it takes to become a life coach, be sure to read this book to help you in your journey to this wonderful career. This book contains essential lessons on how you can pursue life and business coaching as a powerful career and build your own coaching business. It will teach you what a life coach is, how you can become a life coach and strategies to improve your coaching skills in your business. Specifically, this book will guide you and help you understand the following topics: The right mindset and the characters and traits that make an influential life coach The different benefits for the person who receives life coaching such as positive thinking, motivation, productivity, and performance. The different life coaching niche you can choose from such as career coaching, business coaching, leadership training, personal development, and more. How to start your own life coaching business and consulting firm Top life coaching activities and strategies explained Top questions and feedback you can use during initial client conversation Consider this book as your beginner's manual in starting your wonderful yet overwhelming journey as a life coach. Learn how to think like a Life Coach and build your own Coaching Business! In starting your career as a life coach, you should ask yourself, "Is this the career that I am happy to spend my whole life with?". Turns out, many life coach answered yes to that question. However, unlike other careers, many life coach choose this profession because they can help people in changing their lives. Like many forms of business, the process of setting up your life coaching business could be overwhelming. Hence in this book you will learn essential steps in setting up life coaching as your business. Going through these steps will save you time and money. Get this eBook now and read it on every device. This book is free for Kindle Unlimited! Related Topics: Coaching, Life Coaching, Business Coaching, Career Consulting, Career Coaching, Become a Life Coach, Coaching Questions, Consulting Business, Self Coaching, Self Help, Happiness, Money, Career, Business, Entrepreneurship

The Life Coaching Handbook Curly Martin 2001-07-30 This complete guide to life coaching reveals what life coaching is, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches, and a key sourcebook for NLP practitioners, human resources managers, training professionals, counsellors and the curious. Curly Martin is a professional life coach, author, trainer and internationally qualified NLP Master Practitioner. Coaching for more than twenty years, her clients include celebrities, CEOs, directors and doctors.

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Diane S. Menendez 2011-03-28 Personal and professional coaching, which has emerged as a powerful career in the last several years, has shifted the paradigm of how people who seek help with life transitions find a "helper" to partner with them in designing their desired future. No matter what kind of sub-specialty a coach might have, life coaching is the basic operating system: a whole-person, client-centered approach. Here, Pat Williams, who has been a leader in the life coaching movement, has co-authored another essential book for therapists working as coaches. Becoming a Professional Life Coach draws on the wisdom of years of collective experience that have gone into designing the curriculum for the Institute for Life Coach Training. This curriculum has trained therapists and psychologists around the world to add coaching to their current businesses. This book presents the essential elements of life coach training program in a content-rich form that is equivalent to a graduate-level education in the field.

Evidence Based Coaching Handbook Dianne R. Stober 2006-04-21 The first reference to bring scientifically proven approaches to the practice of personal and executive coaching The Evidence Based Coaching Handbook applies recent behavioral science research to executive and personal coaching, bringing multiple disciplines to bear on why and how coaching works. A groundbreaking resource for this burgeoning profession, this text presents several different coaching approaches along with the empirical and theoretical knowledge base supporting each. Recognizing the special character of coaching-that the coaching process is non-medical, collaborative, and highly contextual-the authors lay out an evidence-based coaching model that allows practitioners to

integrate their own expertise and the needs of their individual clients with the best current knowledge. This gives coaches the ability to better understand and optimize their own coaching interventions, while not having to conform to a single, rigidly defined practice standard. The Evidence Based Coaching Handbook looks at various approaches and applies each to the same two case studies, demonstrating through this practical comparison the methods, assumptions, and concepts at work in the different approaches. The coverage includes: An overview: a contextual model of coaching approaches Systems and complexity theory The behavioral perspective The humanistic perspective Cognitive coaching Adult development theory An integrative, goal-focused approach Psychoanalytically informed coaching Positive psychology An adult learning approach An adventure-based framework Culture and coaching

The Coaching Questions Handbook Tim Hanson 2020-05-25 GET 150 POWERFUL LIFE COACHING QUESTIONS TODAY TO ADD TO YOUR COACHING SKILLS! The thing that separates good coaches from a great coaches, is the quality of questions they ask. This book is stacked with powerful, open-ended coaching questions for every type of coaching session. The Sections Include: Personal Growth Questions Relationship Questions Fun-Based Questions Health Questions Career Questions Money Questions Physical Location Questions Master Questions For Elaboration And More Coaching Questions! The author, Tim Hanson has been a certified life coach since 2004. Now, he is a trainer at the International Coaching Association, where he teaches thousands of students how to become better coaches. As the saying goes, "the quality of your life is determined by the quality of questions you ask. What Readers are Saying: "A book of powerhouse questions to ask a client which will focus his or her attention in areas which need important changes to be made. It's long been established that asking the right question is key to changing conditions, and the author has made the task that much easier with the lists presented on these pages. Also read this as a self help, self analysis manual as the questions still apply when you ask yourself for the answers."

Becoming a Life Coach David Skibbins 2007-01 More than just fixing what ails them, many therapists today seek to help clients achieve personal and professional goals and navigate life changes successfully-a variety of practice called life coaching. This book offers a complete strategy professionals can use to incorporate life coaching into their practices. Becoming a Life Coach compares the role of the therapist to that of the life coach; the role of the patient to that of the client; the service of the mentally ill to that of the mentally healthy; treatment to collaboration; and finally the differences in professional standing between these two endeavors. Using real coaching exercises, the book teaches therapists everything they need to know to start and maintain a successful coaching practice. It includes information about necessary skills, tips on integrating coaching and therapy, business models, marketing advice, and more.

Life Coaching Manual Mera Lord 2019-04-03 Life Coaching Training Program would consist of 3 major categories including:1.Understanding the fundamentals of "Life Coaching Process" covering from basics to advanced methods and techniques.2."Practice" your knowledge, and apply your methods for each individual uniqueness and case work.3.Private Practice - Building your own business and career - covering business side of Life Coaching programs.

Life Skills Coaching Manual Saskatchewan NewStart Incorporated 1969

A New You in Two Gerry Dowling 2016-11-18 A NEW YOU IN TWO 14 Practical, Easy To Understand Life Coaching Sessions You will learn: 1. How to get what you really want in your life. 2. How to set goals and why there are no limits to what you can achieve. 3. Why most people give up on their goals. 4. How to stop doubt, worry and fear from stealing your dreams. 5. Why you should never let the HOW stop you from going after any goal. A complete life coaching manual that will set you up for success in just two weeks. Testimonial "This book has totally changed my life. Gerry gave me the skills I desperately needed to get off life's merry-go-round and start moving forward toward what I have always wanted in my life. The practical concepts are easy to understand and it's amazing to see the doors of opportunity opening, reinforcing that I am now on my way to an exciting new future. I am forever grateful" (Ms. R. James, Mudgeeraba, QLD, Australia).

Training Manual for Personal Coaching and Counseling Dean Amory 2015-08-23 This is the second in a series of five books. Part 1, "Definitions and Models for Personal Coaching and Counseling" is about what Personal Coaching is and offers a survey of the most popular models for Coaching. Part 2, "Techniques for Personal Coaching and Self Coaching" introduces you to the most powerful coaching techniques in use. Part 3, "Essential Knowledge for Personal Coaches", highlights the knowledge and skills that are indispensable for anybody who is considering life coaching as a career or as a serious self coaching process. Part 4, "Empowering Coaching and Crisis Interventions", helps lay counsellors, relatives and friends of people in need to discover empowering techniques for supporting the people around them that find themselves afflicted by crisis. Part 5, "When Every Word Matters", is about creating and expressing an attitude of empathy, which will prove useful every time when the way we see and experience things is different from the way our interlocutors do and is particularly interesting as a guide for communicating with persons who are suffering from a psychosis. Dean Amory's Coaching Guide is an invaluable and practical standard reference work and training manual for anybody who takes life coaching seriously, be it as a means to enhance their own life through self-coaching, or as a professional life coach. The five books - "Definitions and Models of Coaching", "Coaching Techniques", "Essential Knowledge for Coaches", "When Every Word Matters" and "Empowering Coaching and Crisis Interventions" - together form a comprehensive, highly accessible and easily navigable training program and workbook that is very transferable to the every day practice and by far the most practical coaching source available today.

Coachen voor Dummies [pocketeditie] Marty Brounstein 2013 Een handleiding voor managers, met name op het niveau van het middenmanagement, om meer inzicht te geven in vaardigheden en technieken, gericht op het coachen van personeel. Doel is het vergroten van de persoonlijke effectiviteit in dit verband. Het boek beschrijft op zeer populaire en toegankelijke wijze hoe mensen resultaatgericht en gemotiveerder kunnen werken en hoe ze zich beter ontplooiën.

Life Skills Coaching Manual Saskatchewan NewStart 1973

Life Coaching Manual (Seminar Edition) Bob Dukes 2018-09-08 The Life Coaching Manual (Seminar Edition) is for participants in the Life Coaching Seminar. For more information about this training please visit disciplebuilding.orgThe Book includes the Life Coaching Manual and Note Taking Outlines for the Seminar and additional resources for the event.

The Complete Handbook of Coaching Elaine Cox 2018-08-14 This book provides a wide-ranging guide to the complex, multidisciplinary area of coaching, helping trainees to find

comprehensive answers to their coaching questions. It allows them to identify and develop their own personal style of coaching. A specially selected group of international authors contribute various expertise and insights across three key areas: Theoretical perspectives Contexts and genres of coaching Professional practice Issues Learning is also supported by new online resources. Videos, case studies, journal articles and useful websites have been carefully collated by our contributors to help trainees make the crucial link between theory and practice.

Practising Clinical Supervision John Driscoll 2006-12-04 This title is directed primarily towards health care professionals outside of the United States. With contributors from the UK and Australia, the second edition builds on the success of the original, which was praised for engaging readers and being a pragmatic and practice-orientated addition to the literature on clinical supervision. This edition is written in accessible style and will appeal to those both new to clinical supervision or experienced. It provides a thought-provoking, user friendly and practical guide to the subject.

Soar Academy Life Coaching Manual Ebony Nard 2021-04-20 In this manual you will learn how to become a life coach, including important principles and practical step-by-step techniques for life coaching and getting started in a career as a professional life coach.Soar Academy LLC life coach training program gives you the clarity and confidence to move forward once your coach training is complete. It prepares you for coaching success -- however you define it -- through the application of Soar Academy LLC own coaching tools and principles. You'll benefit from three 30-minute, one-on-one sessions with a dedicated Success Coach, Ebony Nard as well as a private forum where you can connect with other students and share your experiences. Soar Quick Start Will assist with launching your coaching business and getting your first clients, you have the opportunity to participate in the Soar Academy Life Coaching 2-hour program. From choosing a niche, creating your own packages, and setting your prices to developing your marketing message, networking approach, and website, you'll learn how to leverage your style and inspire people to take action.Register today for the Life Coach Certificate Course. Enrollment is limited and registration is on a first come first served basis, so we recommend that you register early for the Life Coach Certificate Course online to avoid disappointment.If the course is full, please email: soaracademyllc@yahoo.com to be notified when a new course date is scheduled.

Life Skills and Career Coaching for Teens Nikki Giant 2019-05-21 Setting out a year-long curriculum based programme for education and youth professionals, this book provides a challenging and engaging workshop-based approach to developing school engagement and ambitions in young people aged 11-18. The programme, which is informed by CBT, helps professionals to understand barriers to young people's school engagement and learning. It outlines a case for a practical, well-rounded curriculum that readies students for life post-education through eight core themes, including 'believing in me', 'money matters' and 'business basics'. The second part of the book is a photocopiable manual for use in classroom settings, making this an essential, hands-on manual for nurturing young people's life skills.

GCA Life Coaching Training and Certification Manual Chris Scott 2021-02-15 This is the training manual used by Global Connections Academy of Life Coaching.

Essential Life Coaching Skills Angela Dunbar 2009-09-10 Essential Life Coaching Skills provides a comprehensive guide to the complete range and depth of skills required to succeed as a life coach. Angela Dunbar uses theoretical background alongside practical examples to provide a clear understanding of what makes a successful life coach. This book focuses on seven essential skill sets that are necessary for effective life coaching, with each chapter giving specific examples of how these skills are used in life coaching, and how they can be developed and improved. The book also includes a comprehensive, current overview of life coaching processes, practices and issues, from both the coach and client perspectives. Essential Life Coaching Skills will be ideal reading for new and existing life coaches who wish to find ways to enhance their competence and ability. It will also be of use to therapists and counsellors looking to expand into coaching.

The Coaching Manual Julie Starr 2016-02-10 Translated around the world, and recommended reading on many coaching programmes this bestselling book is trusted globally as the definitive guide to coaching. This carefully revised edition will guide you through the entire process from first meeting to when coaching ends, with methods, tips and techniques that simply work. Understand and develop the core skills and beliefs of an effective coach Know how to ask insightful questions that deliver valuable answers Gain practical help to plan coaching assignments that accelerate and improve your results Adeptly handle the main barriers to great coaching Feel fully confident in your ability to coach in any situation Whether you're new to coaching or already an experienced coach, you'll find clear guidance and principles to help you coach more effectively and with greater impact. To support you further The Coaching Manual has a range of free to download resources - templates, tools and checklists - available now at www.starrconsulting.co.uk. "Full of important information that all coaches just need to know! I would absolutely recommend this book to any coach, neophyte or experienced." Cherie Carter-Scott, Ph.D. MCC, Author of *If Life is a Game, These are the Rules*, Transformational Life Coaching and 15 other titles "The definitive resource for aspiring as well as seasoned coaches. No one has brought to life the nuts and bolts better than Julie Starr." Marshall Goldsmith, #1 New York Times bestselling author of *Triggers*, *Mojo* and *What Got You Here Won't Get You There*

DIY Coaching Manual for Women Jackie Harder 2016-02-02 Ladies, are you ready to transform your life or career, but don't know how to get started? Do you want specific steps that will help you reach your personal or professional goals (or both)? You're in the right place!You will get that - and more - in the "DIY Coaching Manual for Women." Designed specifically to simulate the live coaching experience, the manual has 52 chapters of fun, irreverent and easy-to-read information and "coaching requests" that will help you transform your life, career and health in the next 12 months. In it, you will learn:* Negotiation tips for best results* How to stop being a doormat* Best networking practices for introverts* Effective ways to manage negative emotions* How to stop worrying* Simple ways to divide household chores* Tips to improve your self-confidence* Ways to deal with criticism And much more.As an added bonus, you will get a link to download your copy of the "DIY Coaching Manual for Women Workbook." The workbook contains time management tools, ways to measure success (hint: it's not what you think!), how to overcome fear, exercises to help you fall asleep at night and more goodies - at no additional cost. Whether you are a stay-at-home mom, work-at-home mom, career professional or entrepreneur, this book will give you the tools you need - to create the life you want and deserve.