



# Life Coaching For Dummies

By Jeni Purdie

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Become a life coach-for yourself and others-with this practical, informative guide

If you're interested in doing away with negative beliefs, making a significant change in your life, and, finally, create-and live-the life you want, life coaching is the key. In this practical introduction, you will learn the empowering techniques essential to life coaching-including putting together an action plan, getting your priorities straight, staying focused, defining true success, overcoming common obstacles, and coaching yourself to happiness.

- With more information than ever before, this new updated edition includes material on emotional intelligence and active listening

With insights on what to expect from life coaching and how to develop your own life coaching techniques, the book offers sound advice on what it takes to become a professional life coach. If you simply want to create more balance in your life, become more productive, and enjoy a more fulfilling existence, *Life Coaching For Dummies* holds the answer.

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## Editorial Review

From the Back Cover

### *Learn to:*

- Pinpoint your aspirations and ambitions
- Develop your career and reach your financial goals
- Improve your relationships and achieve general wellbeing
- Empower yourself to make life-changing decisions with confidence

### **Be inspired, take control and unleash your full potential**

Life coaching uses a range of practical techniques to help you assess your current situation and choose the best path for you. This hands-on guide takes you through the process of making change and shows you how to make healthy and rewarding choices every step of the way. Whether you want to reassess your priorities, gain some direction or challenge negative beliefs, this book will help you find the answers you've been looking for. So follow your aspirations and learn to flourish in all aspects of your personal and professional life.

- **Plan the route** — set achievable goals and lay the groundwork for change
- **Start on your coaching journey** — unwrap your motivation, explore your options and create an action plan
- **Focus on key areas of your life** — take steps to transform your professional life, improve your relationships or simply work on your day-to-day wellbeing
- **Coach yourself to happiness** — learn how to attract the life you want and generate a positive outlook
- **Achieve harmony** — create the right lifestyle balance for you and take the pain out of difficult decisions

'A fantastic resource for anyone wanting to coach themselves and also for new/experienced coaches to use with their clients. Insight and clarity fill every page, helping you to tune into your own inner wisdom and connect with the life that you are meant to live.'

— *Brian Mayne, international speaker and author of Goal Mapping*

### **Open the book and find:**

- How to be your own life coach
- Ways to live in the present and plan for the future
- How to protect your physical and emotional wellbeing
- Tips on making life-changing decisions
- Techniques for planning effective action
- How to maintain your motivation
- Ways to overcome common obstacles to your progress
- How to coach others for a living

About the Author

**Jeni Purdie (formerly Mumford)** is a personal life coach who works with individuals and within

organisations to facilitate personal growth, greater happiness and authentic success.

## **Users Review**

### **From reader reviews:**

#### **Carrie Wakefield:**

Now a day folks who Living in the era wherever everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each info they get. How many people to be smart in having any information nowadays? Of course the correct answer is reading a book. Examining a book can help individuals out of this uncertainty Information especially this Life Coaching For Dummies book since this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you probably know this.

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#### **Lillian Vaughn:**

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