

Coaching Focus Areas

What would you like to work on?

Personal Foci

- ☐ Financial Stress/Problems
 - ☐ Personal Organization
 - ☐ Happier/More Fulfilled
 - ☐ Communication Skills
 - ☐ Personal Evolution Track
 - ☐ Relationship Problems
 - ☐ Relationship Enhancement
 - ☐ Life Purpose Clarification
 - ☐ Salary/Income Increase
 - ☐ Stress Reduction
 - ☐ Personal Life Plan Design
 - ☐ Blocks/Limits Removal
 - ☐ Spiritual Development
 - ☐ Time Management
 - ☐ Internet/Cyber Skills
 - ☐ Decision Making
 - ☐ Adrenaline Reduction
 - ☐ Motivation/Inspiration
 - ☐ Structure/Support
 - ☐ Finding Mr./Ms Right
 - ☐ Problem Resolution
 - ☐ Balance Improvement
 - ☐ Career Change/Transition
 - ☐ Career Advancement
 - ☐ Goals Identification
 - ☐ Setting Priorities
 - ☐ Personal Foundation
 - ☐ Values Clarification
 - ☐ Needs Identification
 - ☐ Needs Satisfaction
 - ☐ Toleration Reduction
 - ☐ Post-Recovery Track
 - ☐ Self-Care Skills
 - ☐ Truth Identification
 - ☐ Family Communication
- ☐ Increase Awareness
 - ☐ Personal Polish
 - ☐ Creativity/Innovation Skills
 - ☐ Legacy Identification
 - ☐ Acceptance of Events
 - ☐ Acceptance of Others
 - ☐ Increase Learning Rate
 - ☐ Stronger Boundaries
 - ☐ Higher Standards
 - ☐ Grace/Style Development
 - ☐ Compassion/Empathy
 - ☐ Reserves/Security Increase
 - ☐ Confidence/The Edge
 - ☐ Ease/Effortlessness
 - ☐ Integrity Improvement
 - ☐ Fear/Resistance Reduction
 - ☐ Life Simplification
 - ☐ Character Development
 - ☐ Relating Skills
 - ☐ Strengths Identification
 - ☐ Passion Identification
 - ☐ Peace/Harmony
 - ☐ Selfishness/Pleasure
 - ☐ Receptiveness/Flexibility
 - ☐ Self-awareness
 - ☐ Attraction Approach
 - ☐ Bandwidth Expansion
 - ☐ Life Makeover
 - ☐ Personal Turnaround
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Business Foci

- ☐ Revenue Growth
- ☐ Profit Growth
- ☐ Value Added for Customers
- ☐ Productivity/Effectiveness
- ☐ New Business Start Up
- ☐ Marketing Plan
- ☐ Internet Marketing
- ☐ Team/Collaboration
- ☐ Project Management
- ☐ Product Quality
- ☐ Negotiation Skills
- ☐ Professional Network
- ☐ Selling Skills Training
- ☐ Vision/Mission
- ☐ Internet/Cyber Skills
- ☐ Management Skills
- ☐ Reputation Development
- ☐ Employee Retention
- ☐ New Economy Orientation
- ☐ New Client Acquisition
- ☐ Leadership Skills
- ☐ Improve Staff Morale
- ☐ Improve Company Culture
- ☐ Improve Intangibles
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