



MORE INFORMATION ON LIFE COACHING

QUALIFICATIONS

Internationally Certified Life Coach
ICR Coach Register - ISO 9001, QAP IMI

WHAT IS LIFE COACHING?

A Life Coach is a person that will assist you in developing yourself into a person that you believe you can be. Doing the things you believe in, that makes you happy and getting results which you have pre-set and are delighted with.

Life Coaching is a journey of discovery! It's a popular way of helping people achieve their goals.

A coach focuses on the agenda of the client.

A coach uses powerful questions to generate new learning.

A coach encourages action.

A coach supports change and personal growth.

At Zest for Life, we look at goal setting, balance in your life, your values, and what is keeping you from reaching your potential.

ADVANTAGES OF LIFE COACHING

Seeing a Life Coach offers numerous advantages, particularly in enhancing personal and professional growth. Life Coaches provide an external perspective, helping individuals identify and overcome obstacles that may be hindering their progress. They offer structured guidance, enabling clients to set clear, actionable goals and develop strategies to achieve them.

By focusing on personal strengths and areas of improvement, life coaches empower individuals to build confidence and make informed decisions. Additionally, Life Coaches encourage accountability, ensuring that clients remain committed to their goals. This support often leads to increased motivation, improved time management, and better work-life balance.

Life Coaches also help clients navigate life transitions, manage stress, and improve overall well-being. Through regular sessions, individuals gain clarity, direction, and the skills needed to create a more fulfilling and successful life, both personally and professionally.

LET'S CONNECT

Reach out for an introductory session to start your journey in finding balance and success in your life.

For any questions

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Whatsapp for appointments

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For more information

www.zestforlife.co.za

