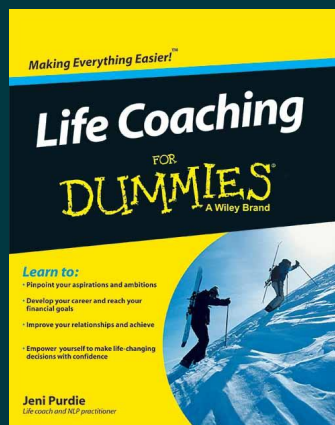




Life Coaching for Dummies, 2ed

By [Jeni Purdie](#)

Paperback

9788126533749

₹529.00

Pages: 384

Description

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.

About the Author

Jeni Purdie

Jeni Purdie is a personal life coach who works with both individuals and organisations on personal development. She runs holistic coaching events in the UK and Italy and is an accredited NLP practitioner.

Table of Contents

Introduction.

Part I: The Basics of Life Coaching.

- Introducing Life Coaching.
- Deciding What You Want to Take from Coaching.
- Preparing for Coaching.

Part II: Your Life Coaching Journey.

- Becoming Your Best Self.
- Choosing Your Beliefs.
- Discovering the Values that Motivate You.
- Stocking Up on Powerful Questions.
- Taking Stock of Now.
- Exploring Your Options.
- Planning Effective Action.

Part III: Focusing on the Elements of Your Life.

- Career and Work.
- Money, Wealth and Abundance.
- People and Relationships.
- Physical, Mental and Emotional Well-being.

- Developing and Growing.

Part IV: Working with the Themes of Coaching.

- Attracting the Life You Want.
- Coaching Yourself to Happiness.
- Defining True Success.
- Tackling Common Blocks.

Part V: Creating a Harmonious Whole Life.

- Achieving Balance.
- Making a Life-Changing Decision.
- Applying Your Coaching Skills More Widely.

Part VI: The Part of Tens.

- Ten Life Coaching Beliefs about Yourself.
- Ten Questions to Keep Your Life on Track.
- Ten Daily Balancing Acts.
- Ten Inspirational Resources.

Appendix: Considering a Future as a Professional Life Coach.

Index.

To purchase this product, please visit:

<https://www.wileyindia.com/life-coaching-for-dummies-2nd-ed.html>



Scan to buy