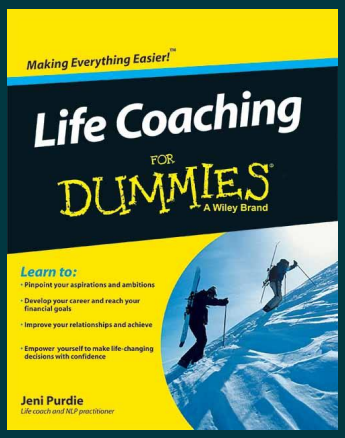
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Life Coaching for Dummies, 2ed

By Jeni Purdie

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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.

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