

Life Coaching Webinar

Session One – The Beginning of Real Change Copyright Henry Cloud, Ph.D. 2012

- Segment One

Introduction

Designed For Growth and Success

Clinical

Relational

Performance

Understand the Laws of The Gap

Guaranteed failure

Guaranteed growth---Open System Change

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- Segment Two

My Reality

History of Change and Success

Patterns of Failure

Investment of Time, Energy, Money and other Resources

My World View of Change

Dominant Beliefs From Experience

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Learned Helplessness Audit

Can It Happen?

The Vision, Goal, and Change

Get Specific

Can We Know It When We See It

Zone Dynamics

Conflicts?

The Energy

Public Commitment