

Life Coaching Webinar

Session Two

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I. Introduction

A. Review of Session #1

B. Clarifying your own goals in your target areas

C. SMART is smart: specific, measurable, attainable, relevant, time-based

II. The Four Ingredients of the Recipe

A. Relationships

1. Safety, energy, reality and accountability

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2. Life and technical teams

3. Recruiting the winners

B. Information

1. Universal and contextual

2. Sources

3. How to know what you don't know

C. Experiences

1. The value

2. Practice, challenge and learnings

D. Structured Process

1. Meaningful actions
2. Dividing time into bite size parts
3. Monitoring

Wrap-up