

# Life Coaching Webinar

---

## Session Seven – Time: From Your Adversary to Your Ally Copyright John Townsend, Ph.D. 2012

### Introduction

#### I. Partnership with Time vs. Passivity with Time

#### II. Create a Process Orientation

#### III. The Three Time Segments and Your Psychology

#### IV. Toxicity, Empty Calories, and Fruitful Time

V. Seasons and Growth

Conclusion