

breakthrough personal coaching and wellness

Breakthrough Personal Coaching and Wellness: Unlock Your True Potential

Are you feeling stuck? Like you're operating at a fraction of your potential? Do you crave a life filled with more joy, purpose, and fulfillment? Then you've come to the right place. This comprehensive guide dives deep into the transformative power of breakthrough personal coaching and wellness, exploring how it can help you achieve lasting positive change and unlock your true potential. We'll cover everything from identifying limiting beliefs to developing practical strategies for lasting wellness, all within a framework designed to deliver tangible results. Get ready to embark on a journey of self-discovery and empowerment.

Understanding Breakthrough Personal Coaching

Breakthrough personal coaching isn't your typical self-help advice. It's a highly personalized and results-oriented approach that goes beyond surface-level solutions. It focuses on identifying the root causes of your challenges and empowering you to create sustainable, positive changes in your life. Instead of simply offering generic tips, a breakthrough coach works collaboratively with you to uncover your unique strengths, overcome limiting beliefs, and develop strategies tailored to your specific needs and goals. This intensive process often involves deep introspection, challenging existing patterns, and developing new habits and mindsets.

The Pillars of Breakthrough Personal Wellness

True, lasting transformation requires a holistic approach. Breakthrough personal coaching and wellness intertwine several key areas:

1. **Mental Wellness:** This involves addressing limiting beliefs, negative self-talk, and emotional blocks. Through techniques like Cognitive Behavioral Therapy (CBT) principles and mindfulness practices, you can reprogram your thinking patterns and develop a more positive and resilient mindset. This is crucial because your mental state directly impacts your physical health and overall well-being.
1. **Physical Wellness:** Your physical health is inextricably linked to your mental and emotional well-being. A breakthrough coach will help you identify areas for improvement, whether it's improving your diet, increasing physical activity, or prioritizing sleep. This might involve working with a nutritionist or fitness professional to create a personalized plan that supports your overall goals.

1. Emotional Wellness: This is about developing emotional intelligence - understanding and managing your emotions effectively. A coach can guide you in identifying your emotional triggers, developing coping mechanisms for stress, and building stronger relationships. This might involve exploring past traumas or learning techniques for emotional regulation.

1. Spiritual Wellness: This aspect focuses on finding meaning and purpose in your life. It's about connecting with your values and beliefs, and living a life aligned with your authentic self. This might involve exploring different spiritual practices, connecting with nature, or engaging in activities that bring you a sense of joy and fulfillment.

Identifying Limiting Beliefs and Overcoming Obstacles

A significant part of breakthrough personal coaching involves identifying and challenging limiting beliefs. These are deeply ingrained negative thoughts and assumptions that hold you back from achieving your full potential. A skilled coach can help you uncover these beliefs through guided introspection and questioning, helping you to reframe them into more positive and empowering statements. This process often involves confronting uncomfortable truths and making significant shifts in your perspective.

Setting SMART Goals and Developing Actionable Strategies

Once you've identified your limiting beliefs and clarified your values, the next step is setting SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound). Your coach will work with you to create a personalized plan with actionable steps that will guide you toward your objectives. This plan will be regularly reviewed and adjusted as needed, ensuring you stay on track and make consistent progress.

The Role of Accountability and Support

The journey of self-discovery and transformation isn't always easy. That's why accountability and support are crucial elements of breakthrough personal coaching. Your coach provides consistent guidance, encouragement, and support, helping you stay motivated and overcome challenges. Regular check-ins and feedback sessions ensure you're progressing toward your goals and make necessary adjustments along the way.

Measuring Success and Celebrating Milestones

Success in breakthrough personal coaching and wellness isn't just about achieving specific goals; it's about experiencing significant positive change in your overall well-being. Regularly measuring your progress, both quantitatively and qualitatively, is essential. This involves tracking your achievements, reflecting on your experiences, and celebrating milestones along the way. This reinforces your progress and motivates you to continue on

your journey.

Conclusion

Breakthrough personal coaching and wellness offers a powerful path towards lasting positive change. By addressing mental, physical, emotional, and spiritual well-being holistically, and by working closely with a skilled coach, you can unlock your true potential and create a life filled with joy, purpose, and fulfillment. The journey requires commitment and effort, but the rewards are immeasurable. Take the first step today and invest in yourself. Your future self will thank you.

Frequently Asked Questions (FAQs)

1. How long does breakthrough personal coaching typically take? The duration varies greatly depending on individual needs and goals. Some individuals see significant progress within a few months, while others may benefit from a longer-term commitment.
1. How much does breakthrough personal coaching cost? The cost varies depending on the coach's experience, location, and the type of coaching package offered. It's essential to research different coaches and compare pricing structures.
1. What if I don't see results? A reputable coach will work collaboratively with you to ensure you're making progress. If you're not seeing the desired results, they'll adjust your plan and strategies accordingly. Open communication and honesty are key.
1. Is breakthrough personal coaching right for everyone? While it can benefit a wide range of individuals, it might not be suitable for everyone. It requires a commitment to self-reflection, personal growth, and consistent effort.
1. How do I find a qualified breakthrough personal coach? Research different coaches, read testimonials, and look for certifications or qualifications in relevant fields such as life coaching, wellness coaching, or related therapeutic disciplines. Schedule introductory calls to discuss your needs and ensure there's a good fit.

GUPTA, 2023-04-22 Stress is an unavoidable and pervasive aspect of modern life. From the daily pressures of work and relationships to the significant challenges we face, stress can manifest in many forms and can have a significant impact on our mental and physical health. As we navigate our way through the complex and fast-paced world we live in, understanding the nature of stress and developing effective coping strategies is essential to our wellbeing. This book aims to provide readers with a comprehensive understanding of stress, its causes and effects, and most importantly, how to manage it effectively. Drawing on the scientific research, expert insights, and practical tips, this book explores the multifaceted nature of stress, examining its psychological and physiological effects and offering a range of techniques and strategies for managing stress in different contexts. Whether you are looking to reduce your stress levels, improve your performance at work or in your personal life, or simply gain a deeper understanding of this pervasive aspect of modern life, this book offers a valuable resource for anyone seeking to live a more balanced and fulfilling life.

breakthrough personal coaching and wellness: *3 Steps to Your Best Body in Record Time* Randy Hartz, America's Leading Fitness Experts, Jeffrey Jones, Virginia Grupp, Jason Long, James Allred, Holly Holton, Anthony Maslan, Douglas Jackson, Ernest Peacock, Thomas & Claudia Leverett, Christopher Weigel, Giampiero Montanari, Jeff Seidman, Kenneth Bowman, Sean Greeley, Kristen Nolan, Brad & Cynthia Linder, Chris Gray, Angela Ramos, Audra Baker, Clinton Barr, Eric Gelder, Jeffrey Tomaszewski, Shondelle Solomon, Rommel Acda, Vaughn Bethell, Arin Ralstin, 2011-06-21 Mirror, mirror on the wall, is that really me? Do you play MINDGAMES with yourself? Are you a couch potato or armchair commentator? In this book, leading nutritionists, fitness professionals and athletic coaches show you their solution as they guide you through the 3 Steps To Your Best Body - In Record Time. Many of them have been where you have been, including 'pleasantly plump', grossly overweight, sedentary or 'what-do-I-do-now?' and have come up with a solution. You tried a diet and 'those' exercises before and you know they don't work. You feel that no one understands! From here where? These fitness professionals will show you that regardless of size, age or occupation, the three factors of Mindset, Nutrition and Physical Fitness are the answer. They encourage you to DO SOMETHING about it before 'analysis-paralysis' sets in! Remember the old saying, '... an action-now-plan trumps a perfect-plan-tomorrow every time.' Best of all, whether you are a super-busy mom, out-of-condition type, or a CEO 'under-the-water-line,' they give you a time-efficient method to do it!

breakthrough personal coaching and wellness: Results Fitness The Nation's Leading Fitness Pros, Alwyn Cosgrove, Rachel Cosgrove, 2012-06 The nation's leading fitness pros reveal their top strategies to get you what you really want ... results--Cover.

breakthrough personal coaching and wellness: *Balanced Body Breakthrough* Caroline Jordan, 2016-10-18 Balanced Body Breakthrough is the essential guide for anyone who wants to beat stress and find balance. Caroline Jordan dispenses wellness wisdom in short, easy-to-read segments. Jordan's definition of wellness includes the whole person — mind, body, and spirit. From start to finish, this book is filled with knowledge and resources to help you personalize your approach to living well. Balanced Body Breakthrough teaches you to clarify values, create a plan and set smart goals, manage your time, feel healthy, get fit, and enjoy life. This book is a tool that will help you stay committed, positive, and present in living a feel-good life you love.

breakthrough personal coaching and wellness: *The Body Joyful* Anne Poirier, 2021-10-05 Anne Poirier's The Body Joyful is a game changer. It is an anti-diet book, a rejector of societies thin ideal, and a new perspective in a Covid world. It provides insights and strategies and is a roadmap to help you shift the way you think, act, and live. Inspiring and empowering, this relatable story offers the reader permission to find self-worth, hope, healing, and transformation, regardless of weight, size or shape. In the words of author and speaker Brian Tracy This inspiring, motivational book will help you unlock your self-confidence and feel wonderful about yourself. You'll learn that you have no limits If you are ready to stop depriving yourself with diets and beating yourself up with self-criticism, this book is for you! Read it and join the Body Joyful Revolution Tribe now.

breakthrough personal coaching and wellness: *Positive Intelligence* Shirzad Chamine,

2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

breakthrough personal coaching and wellness: Breakthrough David Nurse, 2021-12-09 Deliver innovative results like clockwork with this repeatable formula for creativity-on-demand Have you ever sat down at your desk with an impossible deadline or an insurmountable obstacle staring you directly in the face and an expectation that you'll come up with a groundbreaking idea and solution? In Breakthrough, you'll find a powerful framework for bringing innovation and creativity to the surface not just once, but on a regular, daily basis. In Breakthrough, bestselling author, acclaimed speaker, and life optimization coach David Nurse provides an actionable and clearly organized structure for maximizing your breakthrough ideas. Breakthrough outlines easy-to-follow steps for outperforming your potential: An accessible blueprint—backed by scientific data and years of case studies with the top athletes, entrepreneurial minds, and leaders throughout the world—to unlocking your creative potential Conclusive proof that busts the myths of the lone genius, unpredictable 'a-ha' lightbulb moments, and little happy accidents Ways to promote an environment and mindset in which groundbreaking new ideas can flow and occur naturally and seamlessly based on a repeatable formula A must-read for any athlete, manager, executive, or parent tasked with delivering dynamic results in a flash, Breakthrough also belongs on the bookshelves of product design professionals, marketers, and other creative types who seek to consistently exceed expectations. Breakthrough is not about going from good to great; it's about going from great to outstanding!

breakthrough personal coaching and wellness: Bigger Better Braver Nancy Pickard, 2020-07-14 Nancy Pickard shows us how to override our fears, bust through our excuses, and go for our dreams. Filled with relatable stories, tried-and-true teachings, tools, tips, as well as useful exercises and meditations, this book supports you in stepping out of your old definition of self and re-thinking your next chapter. - Kelley Kosow, author of The Integrity Advantage In Bigger, Better, Braver, master integrative life coach Nancy Pickard challenges us with life-altering questions: Is there something you'd love to do but haven't found the courage? Do you want to give yourself over to the fullest possible experience of living? Do you want to take a leap toward a bigger, better, braver life? Bigger Better Braver is a proven, step-by-step guide for executing the vision you have to live the life you are meant to lead. Enhanced with inspirational client and personal stories, it shows you how to get unstuck from old behaviors and take bold steps toward something new and larger in your life. The book is a journey, as Nancy lays out time-tested tools to face and overcome, get free of your comfort zone, cultivate fear as a force for change, and discover courage to take bold steps in the future. She teaches how to be more present, use your intuition, and stop living on autopilot. Chapters include: •Uncover Your Vision •Planning Your Leap •Understand Faith and Fear •Staying the Course, and more. Ms. Pickard proves her methods work. She reinvented herself as a master life coach, and climbed Mount Kilimanjaro at 61- experiences that became her vision for your bigger life. Not everyone must climb a mountain to live larger. Your bigger life can be anything that brings elation, accomplishment, fulfillment, and connection with the spirit of who you are. Bigger Better Braver provides the pathway to uncover your personal vision and opens the door for a major life change. Nancy's step-by-step approach to change provides the puzzle pieces that create the inner foundation for successful outer change that is Bigger, Better and Braver. May you use this process to create the better story that your life is asking, and may that new story equip you to serve the world in the way that only you can. - Gail Larsen, author of Transformational Speaking

breakthrough personal coaching and wellness: Yoga for Golfers Katherine Roberts, 2004-03-22 From the unquestioned expert in the field, the authoritative guide to yoga for golfers Working with Katherine for the last couple of years has allowed me to compete at a very high level. --Gary McCord, CBS golf commentator and Senior PGA Tour player Katherine Roberts, founder and host of the Yoga for Golfers program on the Golf Channel, offers her unique educational methods in this groundbreaking book, providing instruction to the millions of golfers--including many top tour

professionals--who have turned to the art of yoga to improve their game. Based on 20 years of expertise, Yoga for Golfers connects the mind and body to create a powerful fitness regimen, including: Yoga postures specifically selected for a golfer's needs Proper breathing techniques Mind-relaxation methods Injury-reducing stretches Visualization tools--for success on and off the course

breakthrough personal coaching and wellness: Life Force Tony Robbins, Peter H. Diamandis, 2022-02-08 INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller Money: Master the Game. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

breakthrough personal coaching and wellness: The Body Fat Breakthrough Ellington Darden, PhD, 2014-04-01 Anyone who desperately wants to lose 10 to 50 or more pounds but just can't find the time to exercise three or four times a week will love The Body Fat Breakthrough. It requires just one or two 20-minute resistance-training workouts using negative (or eccentric) training, the little-known weight-lifting technique that shrinks fat cells and triggers fast muscle growth. Legendary fitness researcher Ellington Darden, PhD, put 118 overweight men and women on this workout program and achieved remarkable results, which are illustrated in the book through 35 inspiring before and after photographs. Some test subjects lost 30, 40, or even more than 50 pounds in as many days and transformed their bodies and their health. Negative training is just one of 10 Fat Bombs demonstrated in the book. Others include: • A unique meal plan in which the bulk of calories comes from carbohydrates (50% carbs; 25% protein; 25% fat), offering readers an appealing new way to lose weight without sacrifice • Drinking a gallon of cold water a day to stay full and burn calories through thermogenesis • Evening after-dinner walks to accelerate body heat, triggering increased fat loss Dr. Darden's Breakthrough program sheds pounds fast while building and toning muscle in just 6 weeks.

breakthrough personal coaching and wellness: The Breakthrough Experience Dr. John F. Demartini, 2002-03-01 From a renowned inspirational speaker comes an motivational guide to understanding your own greatness and potential—and the magnificence of every single human soul This book is about breaking through the barriers that keep us from experiencing our true nature as light. It contains an inspiring combination of science and philosophy, presented in a completely accessible way that makes even the most profound concepts easily understood. Through the extraordinary but true stories of ordinary people having astonishing life experiences, you'll discover and explore the universal laws and principles that underlie your very existence. Most important, this is a practical manual for understanding why you live the way you do—and how to transform your life

into your highest vision. You'll learn a formula to manifest your dreams; discover the secrets of opening your heart beyond anything you've imagined; receive profound insights on how to create more fulfilling, caring relationships; reawaken your birthright as a true genius; transcend the fears and illusions surrounding the myth of death; and reconnect with your true mission and purpose on Earth. Translated into over 36 languages, The Breakthrough Experience is based on Dr. John F. Demartini's decades of experience as a researcher of human behavior and as one of the world's leading inspirational speakers. Here, Demartini offers not just a book, but an Experience—one that is impossible to go through without being moved, challenged, and changed.

breakthrough personal coaching and wellness: Anxiety Breakthrough Peg Haust-Arliss LCSW-R, 2016-03-09 Anxiety Breakthrough breaks you out from the walls of Anxiety State Prison. First, the author inspires you with her own compelling story of imprisoning anxiety and panic. She helps you understand how and why you both became incarcerated, and then gives you her plan for escape; tools and strategies that will nourish your mind, body and spirit. Now, a psychotherapist specializing in anxiety, the authors down to earth, personable and empowering style jumps out of the pages making you feel she is working directly with you. Anxiety Breakthrough promotes a shift from a reactive, symptom-driven, disease approach to a proactive, practical, empowering, all natural approach and ensures that you won't return to your tiny cell anytime soon. Anxiety is part of the human fabric and a capacity that insured that our distant ancestors survived and is useful in modern life protecting us from danger and guiding our decisions. However, in modern times so much anxiety is without purpose and interferes with functioning and enjoyment of life. The author has written a book that describes anxiety in language that is easily understandable and presents a holistic approach to managing anxiety. This book could be of great benefit to the millions of people suffering from unneeded anxiety. Daniel Beck, LICSW Clinical Supervisor, Beck Institute for Cognitive Behavior Therapy

breakthrough personal coaching and wellness: Thriving Moving Forward Debbye Omlie, Blake Anderson, 2024-09-08 Your health is real wealth. How do you want to spend your limited time you have left on the earth? Managing chronic disease or a terminal illness? Or improving your quality of life and living the most extended life healthy with the fewest years of disability? The aging process can include words like "thriving" instead of "declining" like it does now. Many people believe they are doomed to decline based on their inherited genes. However, the plethora of research shows that your genes constitute only up to 20% of the risk of inherited disease(s). How we decline is up to us. We control more than we think. Omlie and Anderson team up to share ways for you to take responsibility and control of your health. Being struck with a chronic disease (such as heart disease, cancer, diabetes, and Alzheimer's) is not necessarily an inevitability that you need to accept as a natural part of aging. Much of what ails us as we age can be preventable through a healthy lifestyle. This is a beginner's manual for you to age well. It contains the information you need to create a customized health plan. What's important, and how to incorporate healthy changes into your life. For many of us, the best time to start living a healthy lifestyle is 20 to 30 years ago. The second best time is right now. It's time to stop sitting on the sidelines and take control of your life. It's time.

breakthrough personal coaching and wellness: *Ultimate Personal Success Mastery* Ruchir Jani, 2022-09-15 This book will help align you on your journey to discovering life's purpose. It will help you how to think and act to make an impact and enjoy a life of fulfillment, joy, and importance. In life due to busyness, family commitments, and other life struggles tend to make us lose sight of our purpose. The best way to earn your breakthrough will be to go back to track on your life's purpose. This book will not only keep you focused on monitoring your life but will also stop you from going away while discovering life's purpose.

breakthrough personal coaching and wellness: The Resilience Breakthrough Christian Moore, 2014-07-22 A Guide to Resilience: The Second-Greatest Principle in the World Christian Moore is convinced that each of us has a power hidden within, something that can get us through any kind of adversity. That power is resilience. In The Resilience Breakthrough, Moore delivers a

practical primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can all have our own resilience breakthrough, Moore argues, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships. As he shares engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today—in your personal life or in your organization.

breakthrough personal coaching and wellness: *Bridge the Love Gap* Neela Gohil, 2020-12-02 To live without loving simply means we are existing. To be truly alive, to live in joy, to feel, we must learn to love and accept ourselves and others with an open heart. This book will guide you through the Bridge to Love Method, a roadmap to bridge the gap and create your own Bridge Love Blueprint. This book shares life experiences and real stories of people who have transformed their lives from around the world. Learn what love really means to you, opening you up to living an 'inspirational' life. Recognise the '3 Cs' and how to tap into them using 4 dimensions of energy as a solution to overcome challenges and discover yourself. It's time to breakthrough your barriers and 'Bridge the Love Gap' to experience more joy and create lasting love and connection in your relationships!

breakthrough personal coaching and wellness: *Get Your Mind Right* Todd Durkin, 2020-06-02 As founder of Fitness Quest 10 in San Diego, California, Todd Durkin is used to pushing high-profile, high-performance athletes to their physical limit. But that's only half the battle. A crucial aspect of creating any kind of success--whether in business, sports, health, or relationships--is having the right mind-set. In *Get Your Mind Right*, this world-class performance coach shares his top 10 principles to inspire you to find motivation, work hard, grow in your faith, think like a champion, and be the very best version of yourself, including - your thoughts ultimately determine your life and legacy - attack your fears instead of running away from them - habits will make or break you - master your time, energy, and focus - eat to get your mind right - recover like a champion - live a life worth telling a story about - and more If you're ready to start taking on your challenges with confidence, it's time to get your mind right!

breakthrough personal coaching and wellness: *The Power of Life Coaching Volume 2* Barbara Wainwright, 2018-06-13 Wainwright Global Institute of Professional Coaching collaborated with 15 of their Certified Professional Coaches to create the *Power of Life Coaching*, the seminal book for individuals who are curious about coaching and what the experience of coaching can do for them. Each author shares their diverse life changing experiences that describe the powerful transformation that naturally unfolds during the coaching process, both for themselves and for their clients. You will learn about the different genres of coaching, how coaching will bring to light your inner-most goals, dreams and desires, so you can easily expand your awareness of your life-purpose now.

breakthrough personal coaching and wellness: *Tiny Habits* B. J. Fogg, 2020 The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, *Tiny Habits* cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, *Tiny Habits* makes it easy to achieve. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or exercise more, *Tiny Habits* makes it easy to achieve.

breakthrough personal coaching and wellness: *The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching* Marion Franklin, 2019-09-25 What would it mean for your coaching if you got right to the heart of the matter - every time? You can. Learn rarely taught tips and concepts that will immediately elevate your coaching while avoiding the common pitfalls. New and experienced coaches alike will benefit greatly from the detailed strategies and wisdom shared from Marion's years of experience. -Cheryl Richardson, NYTimes Bestselling author of *Take Time for Your Life* Marion Franklin, the Coach's Coach, has been training and mentoring coaches for more than 20 years. Every student she has mentored or taught who sought ACC, PCC, or MCC has gotten their credential using the material in this book designed for all levels of coaches. No matter where you are in your coaching journey, this book has something for you. This book is different because it: Includes brilliant tools for beginner-to-seasoned coaches Offers advanced techniques for developing powerful questions without any lists Provides principles of human behavior that help you quickly identify what's really going on Contains the 25 Themes that underlie every coaching situation and make coaching and questioning much simpler Shares a step-by-step, easy to follow, way to create a shift in perspective Presents 17 strategies that clients unknowingly use that actually work against, not for them Begin using even one or two of the concepts and principles in this book and notice your coaching immediately elevate to a new level. Your clients will notice the difference You will experience this innovative approach to masterful coaching with two full laser-coaching sessions with commentary - much like eavesdropping in on the mind of a master coach. Marion shares unprecedented concepts that will help new coaches and even the most experienced coaches gain new insights and ideas, including a deeper understanding of what they already know. Automatically improve your coaching by applying one rarely known principle. Never feel stuck around what question to ask. Feel more confident by quickly identifying what's really going on. Know exactly what to listen for in every conversation. Discover a simple 2 inquiry approach that instantly enables you to deepen your curiosity. This book will not only boost your confidence and mastery as a coach, it will enable you to produce sustained results for your clients. I designed this book to not only show you what laser-focused coaching looks, sounds, and feels like, but to show you HOW TO coach for permanent, life-altering change. When using the Laser-Focused approach, you'll be able to: avoid getting seduced by the story ask questions that get right to the heart of the matter have the client do all of the summary know how to create the shift and what to do afterwards recognize the client's underlying pattern and know how to address it and so much more The HeART of Laser-Focused Coaching -- A revolutionary, unprecedented approach makes coaching easier while also enhancing your ability to help clients create deep and profound change. Transform your coaching into something so powerful and life-changing that your coaching consistently flows and becomes effortless.

breakthrough personal coaching and wellness: *Swimming Out Of Water* Catherine Garceau, 2012-09-01 Most people who knew Catherine Garceau during the early years of this century were struck by just how much she had going for her. The tall blonde with a body to kill for had won a Bronze medal at the 2000 Olympic Games as part of Canada's synchronized swimming team. But no one knew that Catherine, having lost her main outlet for her obsession with perfection, was floundering in her post-Olympic life. Performing in Las Vegas and building a career in business and marketing weren't fulfilling. In fact, part of her felt she was losing it all: her athletic body, her high-achieving mind and most humiliating, her image of excellence. Now, in *Swimming Out of Water*, Garceau goes beneath the surface of her life. From the lens of a life-changing experience she had while hiking in the Red Rock National Park outside Las Vegas. Stuck on a cliff, alone, for twenty-four hours, she flashes back to moments of fear, failure, loss, triumph, and breakthrough, which all decorated her journey with valuable lessons. Written in the journal she took with her that day, Garceau realizes and reveals the negative effects of sugar and many chemicals found in our food and environments, including the chlorine she had bathed in for so many years. Alas, with no one coming to her rescue, how did she get herself up from the ledge? How has her dream of a chlorine free swimming evolved? And how has she turned the stubborn eating disorders she faced into

programs to help free other women from emotional eating? Birthed from the edge of the Red Rocks and brought to completion in her continued years of integration, education and healing, Swimming Out of Water's raw nature takes on the transparent quality of water, the very element Garceau is here to both defend and embody. Spend this day on the rocks with her...and discover the grace of swimming out of water.

breakthrough personal coaching and wellness: Outsmart Your Brain Marcia Reynolds, 2017-08-31 You can either be the victim of your reactions or the master of your mind. Change your thoughts, change your behavior has long been the mantra for the personal growth movement. Yet no matter how hard you try, there are times you can't stop the mental chatter that leads to needless arguing, tension, frustration, and eventually a numbing process that restricts access to your joy and passion. Why can't you stop the noise? You are under the spell of your over-protective brain. To feel more energy, stimulate creativity, strengthen relationships, and live healthier, more joyful lives, you have to be smarter than your brain. Once you know how your brain works, you can consciously choose how you want to feel and act. Knowing how to shift your emotional states at will is the most important factor in achieving success and happiness. Outsmart Your Brain is full of exercises, examples and guidelines that teach you how to tap into your hidden mental powers to make better decisions and establish powerful connections with others. Readers from around the world have shared their success based on the teachings in the first edition of Outsmart Your Brain. THIS EDITION UPDATES THE SCIENCE AND EXPANDS ON THE CONTENT AND EXERCISES. Read this book to... -Become emotionally self-aware-Make good choices when consumed by emotions -Understand what triggers the emotions of others -Improve leadership, coaching, and conflict-resolution skills -Use insight and empathy to inspire engagement, creativity, and results

breakthrough personal coaching and wellness: Prevention , 2007-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss, fitness, health, nutrition, recipes, anti-aging & diets.

breakthrough personal coaching and wellness: You2 Pritchett, Price, Price Pritchett, 1994 Promotes an unconventional, quantum leap strategy for achieving breakthrough performance. This powerful new method replaces the concept of attaining gradual, incremental success through massive effort. Instead, it puts forth 18 key components for building massive success while expending less effort. Your staff learns to multiply their personal effectiveness, leverage their gifts, and leap beyond ordinary performance expectations.

breakthrough personal coaching and wellness: Life Purpose Boot Camp Eric Maisel, 2014-10-14 A no-excuses, cut-to-the-chase program for defining, training for, and achieving your goals As life gets busier and more complicated we crave something larger and more meaningful than just ticking another item off our to-do list. In the past, we've looked to religion or outside guidance for that sense of purpose, but today fewer people are fulfilled by traditional approaches to meaning. Bestselling author, psychotherapist, and creativity coach Eric Maisel offers an alternative: an eight-week intensive that breaks through barriers and offers insights for living each day with purpose. Once you understand how meaning operates, how meaning and life purpose are related, and what concrete steps you can take toward fulfilling your purpose, you will never run out of meaning again. This program will develop self-awareness and self-confidence and give you what you need to fully live the best possible life.

breakthrough personal coaching and wellness: The Hypnotic Coach John Koenig, 2011-09-01 Hypnosis combined with personal coaching creates dramatic life changes. A how-to for coaches, therapists, hypnotists and people wanting rapid personal change.

breakthrough personal coaching and wellness: Body & Soul , 2005

breakthrough personal coaching and wellness: The 12-Minute Athlete Krista Stryker, 2020-03-31 Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change

your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find: -A guide to basic calisthenics and bodyweight exercises for any fitness level -Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands -More than a dozen simple and healthy recipes that will fuel your workouts -Two 8-week workout plans for getting fitter, faster, and stronger -Bonus Tabata workouts -And so much more! *The 12-Minute Athlete* is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

breakthrough personal coaching and wellness: *The Angry Therapist* John Kim, 2017-04-18 Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as *The Angry Therapist*, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language—open, raw, and at times subversive—and people responded. The *Angry Therapist* blog, that inspired this book, has been featured in *The Atlantic Monthly* and on NPR.

breakthrough personal coaching and wellness: *How To Do You* Jacqueline Hurst, 2021-07-03 This is not just 'another life coaching book'. No, really, bear with me. This is very, very different. What makes this book essential reading - and different to other self-help manuals - is that it distils my own crazy life experiences alongside the coaching tools and techniques I have honed from working with thousands of clients over more than 15 years and delivering genuinely life-changing results. This book presents my personal story and my own unique way of working in a friendly, approachable, 'you-can-do-it' way. Because you can. It is a practical guide that will help people to understand and address the specifics of their own thinking, which is the real key to realising how problems in life can become emotional blockages, and how to make the fundamental changes that will provide solid foundations for the future. I focus on helping people to overcome the deep-seated limiting beliefs that hold them back from being the person they want to be; I help them to step out of emotional childhood and bring them into emotional adulthood, living the life they truly desire and deserve. I teach people how to stop blaming anyone else for how they feel and instead how to step into a strong, powerful, unshakeable mindset.

breakthrough personal coaching and wellness: *The Slow Down Diet* Marc David, 2015-08-14 A revolutionary approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being • Presents an eight-week weight-loss program • Explains how relaxed eating stimulates metabolic function and how stress hormones encourage weight gain • Shows how fully enjoying each meal is the optimal way to a healthy body Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In this 10th anniversary edition, Marc David presents a new way to understand our relationship to food, focusing on quality and the

pleasure of eating to transform and improve metabolism. Citing cutting-edge research on body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. He presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as “the right way to lose weight is to eat less and exercise more.” He shows instead how to decrease cortisol and other stress hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. Drawing on more than 30 years of experience in nutritional medicine, the psychology of eating, and the science of yoga, Marc David offers readers practical tools that will yield life-transforming, sustainable results.

breakthrough personal coaching and wellness: Take Back Your Life Wendy Ida, 2012 Wendy Ida guides women from hopelessness to getting the body they want with her 3-pronged approach in her 90-day Take Back Your Life Results Program that speaks to the needs of women whose lives have spun out of control due to the physical changes that occur during midlife and the many major life transitions that hinder weight loss and leave women feeling unattractive and powerless. Unlike other fitness books, she lays out no excuse zones, empowering mind games and sex and life adaptations. She shares her own life experiences, including stories, tips and tricks that enabled her to reinvent herself, drop four dress sizes and develop six-pack abs after age 40 - and hold onto them as a grandmother.

breakthrough personal coaching and wellness: Mind Over Medicine Lissa Rankin, M.D., 2013-05-07 We’ve been led to believe that when we get sick, it’s our genetics. Or it’s just bad luck—and doctors alone hold the keys to optimal health. For years, Lissa Rankin, M.D., believed the same. But when her own health started to suffer, and she turned to Western medical treatments, she found that they not only failed to help; they made her worse. So she decided to take matters into her own hands. Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body’s innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. In an attempt to better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years. Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body’s physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body’s self-healing processes. In the final section of the book, you’ll be introduced to a radical new wellness model based on Dr. Rankin’s scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life—spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships—so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You’ll learn how to listen to your body’s whispers before they turn to life-threatening screams that can be prevented with proper self-care, and you’ll learn how to trust your inner guidance when making decisions about your health and your life. By the time you finish *Mind Over Medicine*, you’ll have made your own Diagnosis, written your own Prescription, and created a clear action plan designed to help you make your body ripe for miracles.

breakthrough personal coaching and wellness: Healing from Depression Douglas Bloch, 2009-12-01 In *Healing from Depression*, Douglas Bloch shares his struggle to stay alive amidst overwhelming despair and out-of-control anxiety attacks, and explains how the power of prayer and other holistic approaches ultimately led to his recovery. As one of the millions of Americans who

suffer from depression, Bloch could not be helped by so-called “miracle” drugs. Therefore, he had to seek out conventional and alternative non-drug methods of healing. The result is a 12-week program that combines his inspirational story with a comprehensive manual on how to diagnose and treat depression, offering new hope and practical strategies to everyone who suffers from this debilitating condition. Complete with worksheets and goal sheets to customize individual plans, Healing from Depression is an accessible self-guided program for managing and recovering from depression. Acclaimed as a “life-line to healing,” this important book stresses the importance of social support, on going self-care activities like relaxation, nutrition, exercise, prayer, meditation, support groups, therapy and keeping a daily mood diary and gratitude journal.

breakthrough personal coaching and wellness: Inhale Exhale Marian Harris, 2018-12-05 In June 2011, Marian Harris shared her life story with us in her first book, The 19 Cent Millionaire. One constant Marian has experienced since then is that EVERYONE HAS A STORY! And, miraculously, through every story, there can be a lesson learned and a silver lining uncovered, if you just look closely enough. To Marian, this is the beauty of life and the importance of community. While Marian firmly believes we must all take personal responsibility to nurture our own health and well-being, she feels it is equally important to invest in, and give love and encouragement to others to create a successful community of like-minded individuals. Each person intent on reaching their own goals, but continually lifting others up along the way. The people in this book have done just that and it is Marian’s hope their stories will inspire and motivate you to dream BIG and to never give up or give in. There is strength in numbers and while the journey to your goals may not be easy, it will be worth it, and, a whole lot more fun if done together.

breakthrough personal coaching and wellness: The No Excuses Diet Jonathan Roche, 2014-01 When was the last time you had tons of energy, were at a healthy weight, and felt amazing? Roche inspires you to decide that the time to get healthy is now, and helps you turn off your negative inner voice in order to live the kind of life you deserve.

breakthrough personal coaching and wellness: Spa , 2007

breakthrough personal coaching and wellness: Original Wisdom M. A. Donna Bond, 2021-03-04 It's time to let Spirit Girl out of the closet. Now is the time to rewrite the story of not being good enough and reclaim your Authentic Self. You are a beautiful, empowered, radiant, drop of God. You are a divine spiritual Being on a human adventure. You are here to express the magnificence that is you. You are here to learn to respect, honor, and love your sweet self and your whole life. I am here to remind you how. With this uplifting guide to personal growth, you will:

- Recognize, respect, and honor yourself so you can experience your wholeness.
- Celebrate your Human Self with reverence and trust your Higher Self with confidence.
- Learn to embrace everything on your path, so you can continue to grow.
- Observe the miracles in your ordinary daily life so you can enrich your experience.
- Let go of old identities and stories of not-enoughness and reclaim your authentic self.
- Identify new beliefs to consider and cultivate supportive behaviors to adopt.
- Develop a practice of radical self-acceptance to stop the doing and embrace a new Way of Being
- Transcend fear and courageously take action
- Develop self-trust by listening to your intuition.
- Raise your personal vibration to clarify your life's purpose.

I'm sharing my story with you in the hopes that it will resonate inside you at a deep level and inspire you to wake up and reclaim your sovereignty as a divine Being who is having a human adventure. Deep within you, you know all of this because it's your Original Wisdom. I am just here to ignite it. This book also includes: 12 Opportunities for Transformation - self-guided experiential activities for engagement 12 Sacred Truth Activations - personal decree healing transmissions Life-mastery tools throughout Reclaim your authentic self with this illuminating memoir of personal transformation for women based on the practice of Spiritual Psychology. By integrating the wholeness of your Higher Self and your Human Self, you will transform your consciousness and empower your life from the inside out. Walk with me as I share my profound journey with you. Awaken Soul-centered practice for self-love. Learn how to be happy with yourself and your life. Activate the authentic power that resides within you -your Original Wisdom. Pick up your copy today by clicking the BUY NOW button at the top.

breakthrough personal coaching and wellness: Brave Thinking Mary Morrissey,
2015-01-20 BRAVE THINKING is the culmination of more than 40 years of study, and 30 years of teaching this technology of transformation. People struggle with relationships. They struggle with money. They struggle with health. I've been coaching first as a minister, then for the last decade as a trainer outside the church world. But teaching, studying, and working in this laboratory called life. I've been both a student, and I've been a trainer in this laboratory, helping people unlock what it is they would love to have, be, do, give in their life. And helping them understand their capacity to do this. To use brave thinking and tap into the field of infinite possibility, potentiality, and work with a particular dream vision for their lives, so they can begin to see the pattern. Because once you see the pattern of how thoughts become things and how you can take what looks like very little and translate it into something much more - it's as different as moving from simple addition to squaring in math. When you are working with simple addition, the only way to get to 25 is you must amass 25 ones. When you learn to multiply you find that you only need two 5's to get to that same result. It takes way less effort and you have way more results. And when you move up the ladder of awareness a little bit further, you see you only need one 5. Brave Thinking will help people recognize that they have everything they need to live a life they love living, and a life that really has meaning and purpose and substance and significance. And I know how to do that. I know how to help them. BRAVE THINKING provides the code to a very different kind of thinking. Either one opens the doors to a potential that is something we are in love with, or something we fear. The purpose of this book is to provide very concrete direct clear simple understandings. Such as the world was flat or other kinds of commonplace thinking and help them recognize how much of that has governed their lives or the lives of people they know. It will show examples of people who dared to think beyond the boundaries of ordinary thinking and who dared to learn a new system of thinking. Rather than being condition based in a way of living life, they began to live a life that is vision-driven. And they came from a vision rather than living from circumstance. Most people think that when the circumstances change, i\$then I can make a new decision, "then I can have something" "then I can be something," "then I can do something." What if it's just the opposite? When you watch your television, and there are other common examples we'll use, when you turn on a TV, the picture you are seeing comes from the frequency that your tuner is tuned to. And when you go to a movie theater, the dancing images on the screen are simply reflections of the light passing through the film that's held before the projector.

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