



What You Need To Know

What is Life Coaching?

- A profession that is different from consulting, mentoring, advice, or therapy/counseling.
- Focuses on the accomplishing of specific goals, projects, transitions, or life events in one's personal life and/or relationship.
- An examination of what is happening now, identifying obstacles/challenges, and choosing the necessary course of action to make your life what you want it to be.

How Does Life Coaching Work?

- Life Coaching is a relationship between coach and client. It is a relationship where the client is given the power to redirect their path for better clarity in the goal accomplishing process.
- The ultimate purpose of life coaching is to afford the client the opportunity to obtain the answers to questions they have in life, whether the answer is hidden or obscured, in order to live a balanced, more effective life.

Mending Fences Offers Life Coaching in the Following Areas:

- "The Validated You"- Confidence, Self-Worth & Self Esteem
- "Mending Fences" - Loving Relationships That Work
- Career Coaching - Creating Opportunities That Work
- "The Juggling Act" – The Work Life Balance
- "The Self-Nurturing Act" - Getting Your Personal Needs Met
- "Living a Purposeful Life" – Developing Your Spiritual Walk
- Managing Anger, Upsets, Frustration and Stress
- Managing Grief, Loss, Sadness and Change
- Parenting (e.g. co-parenting, single parenting, How To, etc.)
- Self & Identity – Who You Really Are and Want to Become
- Food, Nutrition, & Your Best Health



Is Life Coaching Right For You? Take Our Quiz!

On a scale from 1 to 10, rate each of the following statements: (if not applicable, score the item a 5).
Next, add up your score and find the appropriate results below.

1 2 3 4 5 6 7 8 9 10	
Don't agree at all - Somewhat agree - Totally agree	
I am ready to create more balance in my life.	
I am ready to improve my personal or business relationships.	
I am ready to make real and positive changes in my life.	
I am ready to find and live my life's purpose.	
I am ready and willing to overcome self-limiting beliefs and behavior.	
I am ready to create plans and take action to achieve my goals.	
I am ready to achieve a sense of fulfillment at work and in my life.	
I am ready for more fun and enjoyment in my life.	
I realize that I have habits that should change.	
I'd like to work less and make more money.	



I can benefit from someone who will help me to stay on track.	
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Interpreting your score:

Under 30

Life Coaching is not for you right now. Once you are more willing to embrace a positive shift in your life, life coaching may be the solution for you.

31 to 60

Life Coaching could help you to look at your life from a different perspective. If you decide to work with a life coach now, you should commit to taking the necessary action for your benefit, or you will not make lasting life-changing improvements.

Over 60

Congratulations! You are ready to embrace the life coaching process! You are willing to do whatever it takes to create the life you deserve and desire.

For scores 31 and above, please take a moment to **contact us** right now for a **FREE** introductory coaching session to find out what coaching can do for you.

Mending Fences Services Include:

- One complimentary 30-60 minute coaching consultation
- Various coaching packages and payment plans
- Email/text support
- A personalized and comprehensive vision statement and action plan created for your support and encouragement