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financial success in
today's business
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for life coaches out
there on connecting
with their clients
and finding

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themselves, which
is a necessary
foundation for any
life coach.

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In the following
excerpt from my
book Life Coaching
Activities and
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A Life Coaching
Activities

Workbook I answer
the question, What
is Life Coaching?

What is Life
Coaching? Life

Coaching is a
possibilities building
relationship,
between a life
coach and a client,
for the purpose of
improving the

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client ' s life and work.

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your skills to use
helping others,
facilitating their
personal and
professional
growth.

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for a dual purpose;
first and foremost it
is a working book
for the life coach; it
is also designed for
the individual who
wishes to make
changes in their life
using the Life
Coaching Process.

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Parents, managers,

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Life Coaching Life Coaching and Powerful Questions: A Life ...

2 About the Author
David Bonham-
Carter, the author
of 50 Life Coaching
Exercises is an
experienced life
coach who provides
specialist coaching

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Activities And
support and advice
for areas that
involve negative or
distorted thinking
patterns, such as
confidence &

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AlParry.com ...
The "Big Rocks"
Coaching Exercise
uses a powerful

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metaphor of trying to fit rocks, pebbles and sand in a jar and how we tend to fill our lives with sand and pebbles first and leave no room for our "Big Rocks" . The story and concept comes first and then a jar with "Big Rocks" is used as a visual to help them prioritise

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their activities and
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exercise designed
by my colleague
Carleton Nettleton
in the US, which in
turn came out of an
exercise I
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