

# Why do you need coaching?

Because there is a topic, that is spinning your mind and fogging your ability to take clear action. You worry, you fear, and facts is you do not know what to do you seek to understand and align and you worry and fear when you think about it.

**Coaching takes you out sets you FREE, and coaching makes you get the insight facts and tools to handle the situations you see impossible today.**

Coaching is nothing different than learning to play soccer or basketball. It is exactly the same, learning how to do something smarter and better.

## Coaching leads to:

1. CLARITY
2. Results and goal setting
3. Using your side of story (it is the feeling you have)
4. Giving you specific feedback (facts, inspiration, and tools)
5. Offering you choices to choose to solve your problems.

## Choosing to get coaching.

Is a choice to become excellent at specific topics and areas of life.

## Coaching is tools.

Alignment and turning the mind around from being stuck and in panic to opening up for hope, desire fulfillment, vision and love.

And to make sure we all get a chance to talk at CAL and coachingandlife. We listen and we give feedback decent and respectful.

Because we know, It is not the big decision that changes people's lives, it is the little decision on-a-daily-basis that changes it all.

*Go to the gym one day - you see nothing - go to the gym every day and it changes it all.*

Facts are it is the people you surround yourself with, who fills your mind and what you believe you will do.

## Here Is Why We ADD Forums

**When you get coaching, you need training, and when you train, you try new ways of thinking and the tools you have learned in your coaching.**

**Where can you train what you have learned?**

**In the forums**

What does a helping hand mean for a person, who is falling?

When you get coaching you know what that helping hand is, and how important it is to get the right help and support at the right time.

**Use the forums to practice your coaching learning!**

**Think about:**

What does job training mean to someone who is looking for a job?

It can mean all the difference in the world because it can give you the mindset to get the job you really want.

What does stress relief mean to someone who is stressed and so tired inside?

If you have never been stressed you would not know, what it means, you can imagine. I tell you it is the relief you hunger for. Coaching and getting alignment on a daily basis takes you beyond,

What does being a live mean? For someone who is being silent and has forgotten how to feel, hope and dream?

Why do you get angry? Really why – you are mad at yourself! For letting it pass and you are upset because you cannot solve it? Coaching is tools to find that alignment and getting alignment on a-daily-basis takes you to become.

What does get space mean, how to get fresh air?

It means all the difference in the world, it gives you a moment to think and get inspiration, tools, training, and learning, it offers you a choice to choose. Coaching and getting alignment on a daily basis takes you to become.

## Forums are alignment on a-daily-basis.

**Getting alignment on a-daily-basis takes you beyond, helps you clear your mind so you can make smarter decisions.**

We are a safe closed place - a safe place to ask and get the alignment you seek instead of having the questions that fill your mind with worry fear and even hate.

Only with a clear mind can you achieve good positive things anything else is not possible.



Get your performance and your life on the track where you want to be. Coaching is a simple tool to **GET BETTER RESULTS IN ALL YOU DO**

**CAL a safe place to ask – Alignment on a-daily-basis.**

**Click to signup today.**

