

To be with Resources

# The power of Focus To help you see

*What you want*

*What you have to do to get it*



# Clarity awareness and insight



KNOWLEDGE AND TOOLS TO  
DEVELOP YOUR PERSONAL  
SKILLS AND COMPETENCIES?



PERSONAL  
DEVELOPMENT



AWARENESS OF OWN  
STRENGTHS AND  
WEAKNESSES



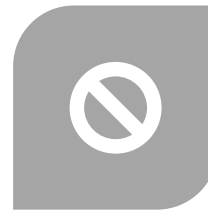
EFFICIENT USE OF  
OWN RESOURCES



GET THE PROGRESS  
IN LIFE YOU WANT



GET CONCRETE TOOLS FOR  
BOTH WORK AND PRIVATE



GET RID OF BAD  
HABITS.

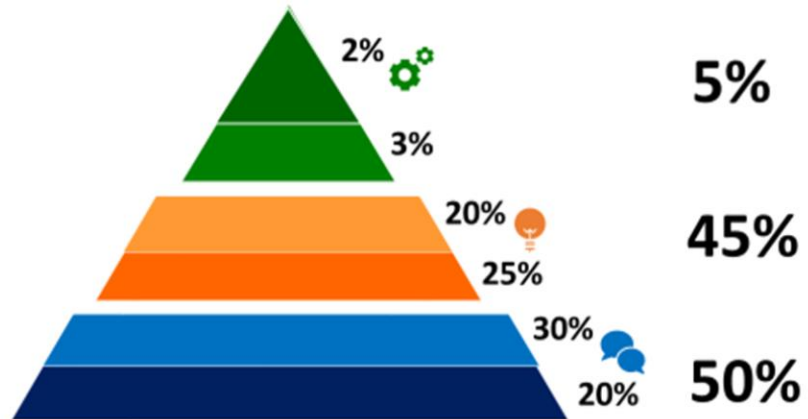


USE YOUR SKILLS AND  
RESOURCES TO PURSUE YOUR  
GOALS.

Get the skills and resources to pursue your goals and discard inappropriate behaviours

And a place to practice ...

# How we spend time...



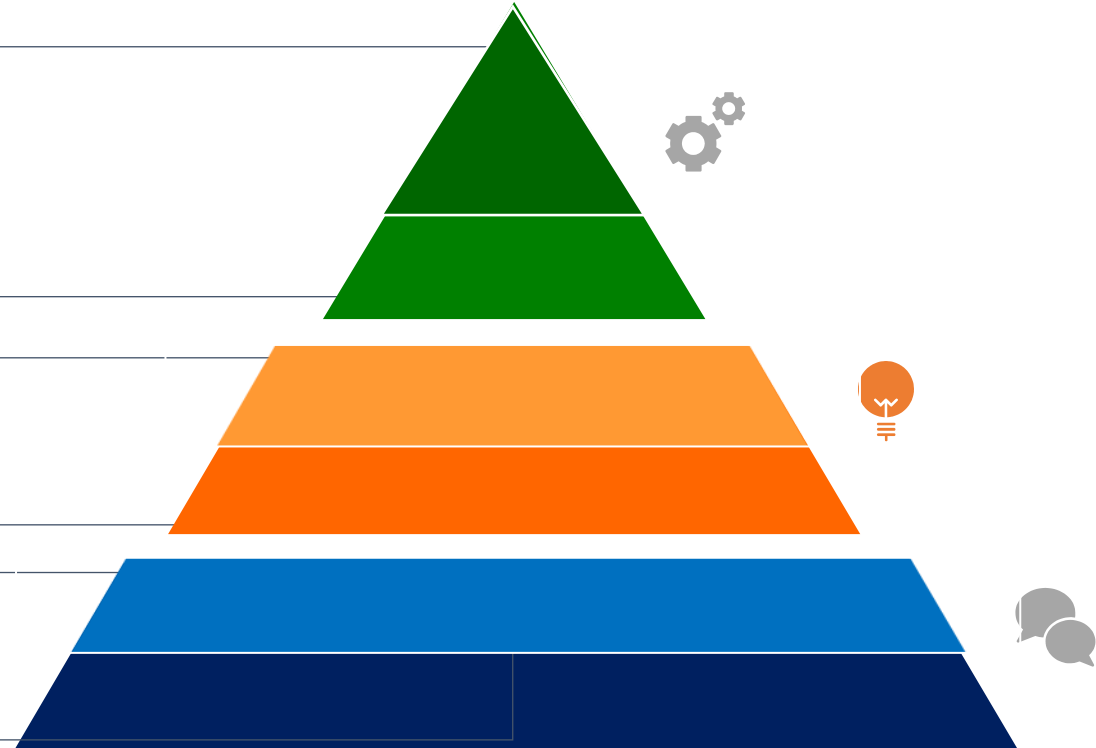
- 2 % thinking about what they want in life
- 3 % thinking about who they are
- 20 % on what they know
- 25 % using the knowledge they have
- 30 % complaining and not feeling good
- 20 % complaining about where they are

# Build up and get clarity

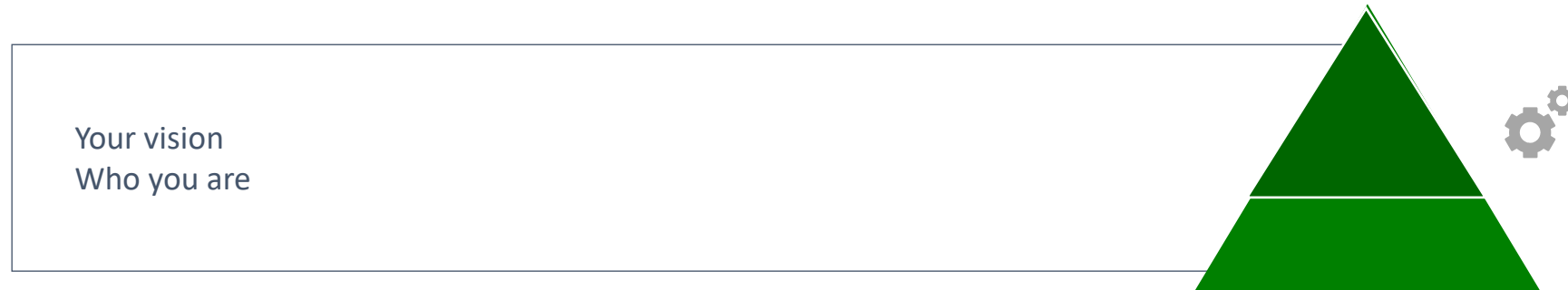
Your vision - what you want  
Identity - Who you are

Your knowledge – what you know  
Your skills and abilities – How you use it

Your behavior – what you do  
Place - Where you are



# Get Clarity of what you want and who you are



**This is bridging the gap** and we have a membership to support you build your dreams and who you want to become called **By-Invitation-Only**

# Get Clarity and Develop Yourself to higher levels

Your knowledge – what you know  
Your skills and abilities – How you use it



This is extension the horizon and we have a membership to support you develop know-how and use your skills called **MY**



# Get Clarity of what you doing

Your behavior – what you do  
Place - Where you are



**This is ongoing** and we have a membership to support you develop you personally - called **ME**

# A Coaching Platform

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## **Business**

**We help Businesses engage and involve with customers**

**Forum –Gain Multi Experience  
Virtual Engagement - Feedback tool  
Business inside**



## **Professional + Expect**

**We help Professionals have a great platform to work and share**

**Forums Share Expert Knowledge  
Sessions – tools – Feedback tool  
Grow our business here**



## **Personal + Private**

**We help people get the right service and safe place to ask and gain knowledge and experience**

**Forums Speed your Learning  
Virtual Engagement – Sessions  
Feedback Multi engagement**



**Personnel Development**



Professional + Expect

CoachingAndLife

is a coaching platform



Personal + Private

From the vision to the little decisions.  
We need strategy, tools, learning and training.



Business

Speed Your Customer Experience  
insight and engagement

Progress and Succeed  
While networking and supporting fellow members

# **Our memberships practice the turn of life ..**

- To give you clarity
- Empower you to succeed
- Meet new friends and network
- Support you to get the progress you want
- Guide and Support you on-going

# Skills and resources to pursue ...

- Increasing effectiveness
- Sorting through challenges; a place to think out loud
- Becoming a better listener
- Clarifying expectations
- Being seen as a ....
- Staying focused and relaxed while managing ....
- Improving your leadership skills
- Becoming a better listener
- Balancing work and family
- Understanding and working through cultural differences
- Clarifying expectations between team members and with management
- Being seen as a team player
- Clarifying expectations between family members, team members and with management
- Being seen as a team player
- Working through self imposed restraints
- Health – Family - Friends

Ask Fellow Members

Empower Strengthen your  
Commitment

The Difference Between  
Knowing it - And - doing it  
Is training



# Take the Lead

Do not depend start your network and link with people who help you too - contact us for How



Coaching tools

Vitual E-Meet

Feedback for insight

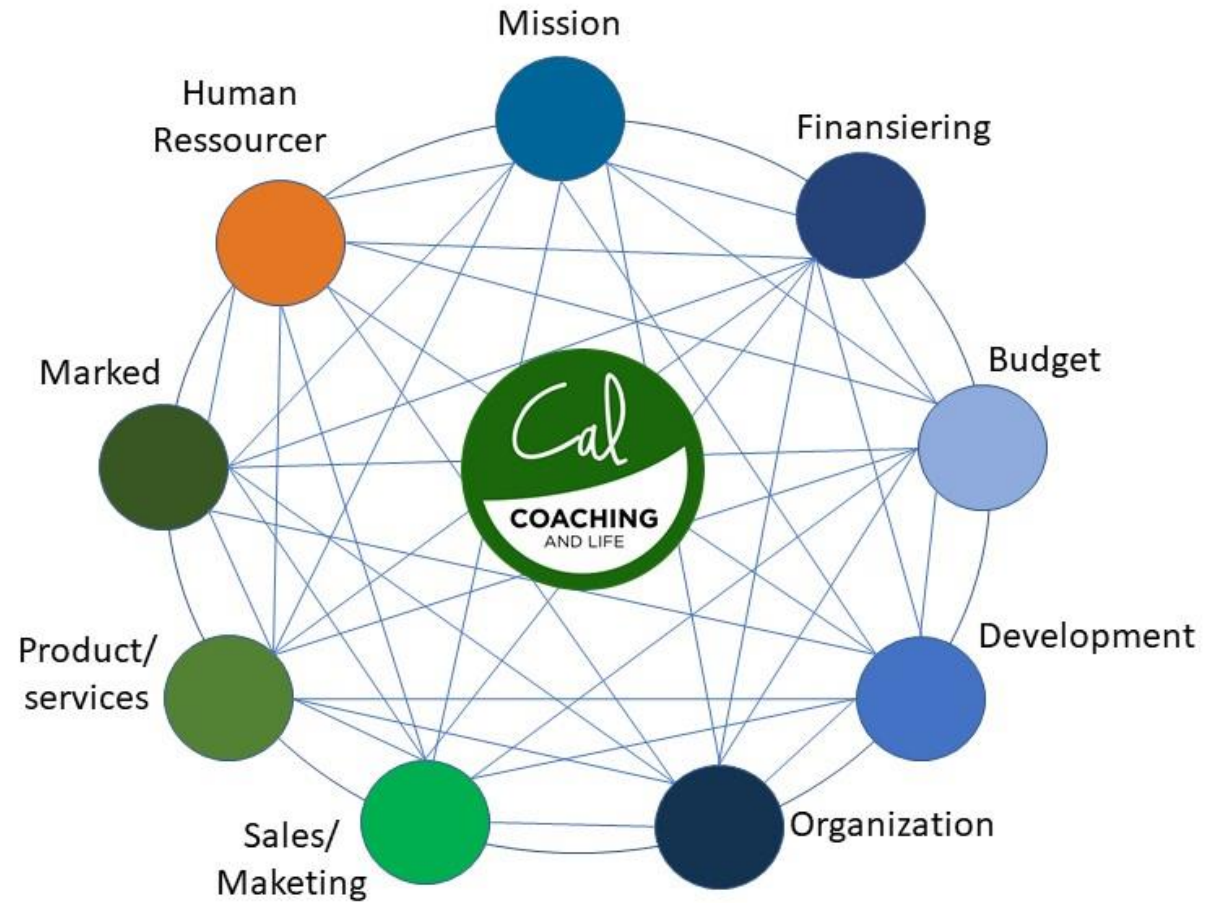
Forums for alignment

Events for insight

# What you do not see

We help you get insight

Change one impact on everyone else



## From a star is born:

If you don't dig deep into your fuckin' soul, you won't have legs. I'm just telling you that.

If you don't tell the truth out there, you're fucked. All you got is you and what you have to say to people and they are listening right now, and they are not going to be listening forever. Trust me. So you gotta grab it and you don't apologize or worry about why they're listening or how long they're gonna be listening for. You just tell them what you want to say. – Jack

**Don't ask Questions**  
**You do not want the answers to**

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**Don't Surround Yourself  
With People You Do Not Want To Become**



*Cal*

**COACHING**  
AND LIFE



# Online Coaching Platform

Forums: Share Experience

Sessions : Gain Indsight

Tools: The Strategy

Programs: Learning

Learning - Your - Training

[www.coachingandlife.com](http://www.coachingandlife.com)