

CONTRACT



STRESS COACHING

YOUR GOALS AND YOUR COMMITMENT

BY CAL COACHINGANDLIFE



Make the
best
decisions in
your life

Define your dreams and
let's serve them

STRESS COACHING

Please use the next few minutes to think about your life, where you are, what you do, how you are, how you do.

So where are you?

On a scale from 1-10 how happy do you feel _____

On a scale from 1-10 how do you feel about your job, business _____

First you start with - Assessment Tools

STRESS ASSESSMENT QUESTIONNAIRES:

Tools like the Perceived Stress Scale (PSS) can help gauge a client's stress levels and identify specific stressors.

Journaling

Encouraging clients to keep a stress journal can help them identify patterns and triggers.

MINDFULNESS AND RELAXATION TECHNIQUES

GUIDED IMAGERY:

Using visualization techniques to help clients relax and reduce anxiety.

1. MEDITATION AND MINDFULNESS PRACTICES:

Teaching clients mindfulness meditation can help them stay present and manage stress.

2. BREATHING EXERCISES:

Techniques such as deep breathing or the 4-7-8 technique can help calm the nervous system.

3. COGNITIVE BEHAVIORAL TECHNIQUES:

- Cognitive Restructuring: Helping clients identify and challenge negative thought patterns that contribute to stress.
- Goal Setting: Assisting clients in setting realistic and achievable goals to reduce feelings of overwhelm.

4. TIME MANAGEMENT TOOLS:

- Prioritization Techniques: Teaching clients methods like the Eisenhower Matrix to prioritize tasks effectively.
- Scheduling Tools: Encouraging the use of planners or digital calendars to manage time and reduce stress.

5. PHYSICAL ACTIVITY:

- Exercise Plans: Encouraging regular physical activity as a way to reduce stress. This can include recommending specific types of exercise, like yoga or walking.
- Movement Breaks: Teaching clients to incorporate short, regular movement breaks throughout their day.

6. SOCIAL SUPPORT STRATEGIES:

- Building Support Networks: Helping clients identify and cultivate supportive relationships.
- Communication Skills: Teaching effective communication techniques to express needs and reduce interpersonal stress.

7. LIFESTYLE MODIFICATIONS:

- Nutrition Guidance: Discussing the impact of diet on stress levels and suggesting healthy eating habits.
- Sleep Hygiene: Offering strategies for improving sleep quality, which can significantly affect stress levels.

8. STRESS REDUCTION TECHNIQUES:

- Progressive Muscle Relaxation: Teaching clients how to systematically tense and relax different muscle groups.
- Self-Care Plans: Helping clients create personalized self-care routines that promote relaxation and well-being.

9. TECHNOLOGY TOOLS:

- Apps for Mindfulness and Relaxation: Recommending apps like Headspace or Calm for guided meditations and stress relief exercises.
- Wearable Devices: Using technology like fitness trackers to monitor stress levels and encourage physical activity.

10. FEEDBACK AND ACCOUNTABILITY:

- Regular Check-Ins: Setting up regular sessions to review progress and adapt strategies as needed.
- Goal Tracking: Helping clients track their goals and stress management efforts to maintain motivation.

These tools can be customized based on the individual needs of clients, and a combination of approaches is often most effective in stress coaching.

Then think about what you really want in life knowing you must never:

make decisions when you are happy

reply when you are angry

and decide when you are sad

NAME YOUR GOALS

- 1.
- 2.
- 3.
- 4.

OVERVIEW OF YOUR GOALS

Tell yourself about your goals,
your passion in your goals and what they mean to you.

Your 4 Goals and outcome	How do you know you have achieved your goals ? What is your time frame?

GOALS AND OUTCOME

Describe your goals and outcome

Describe how your 4 goals support each other :



CALL TO ACTION

How far are you from your goals

On a scale from 1-10

TIME FRAME

What is your time Frame

REALISTIC

NAME SPECIFIK WHAT YOU ARE GOING TO DO

HOW DO YOU WANT TO BE KEPT ACCOUNTABLE

Name 4 things how we can support and help you

BUILD YOUR PLAN

Brainstorm

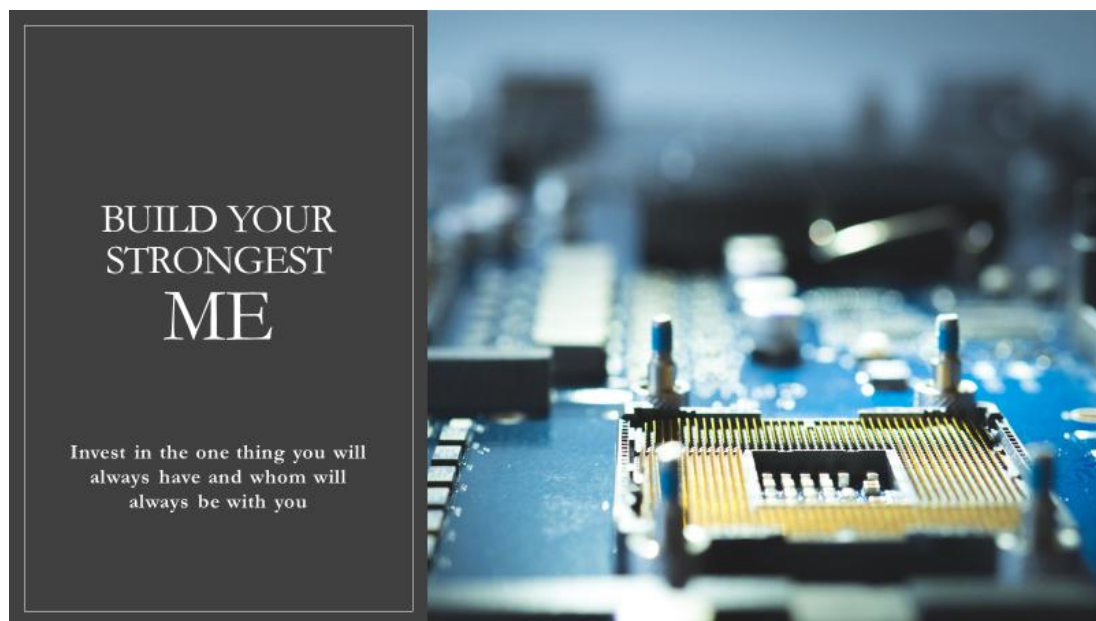
WHAT'S THE RESULT YOU AIM FOR?

WHAT IS SO ATTRACTING TO YOU THAT YOU ARE GOING TO DO IT?

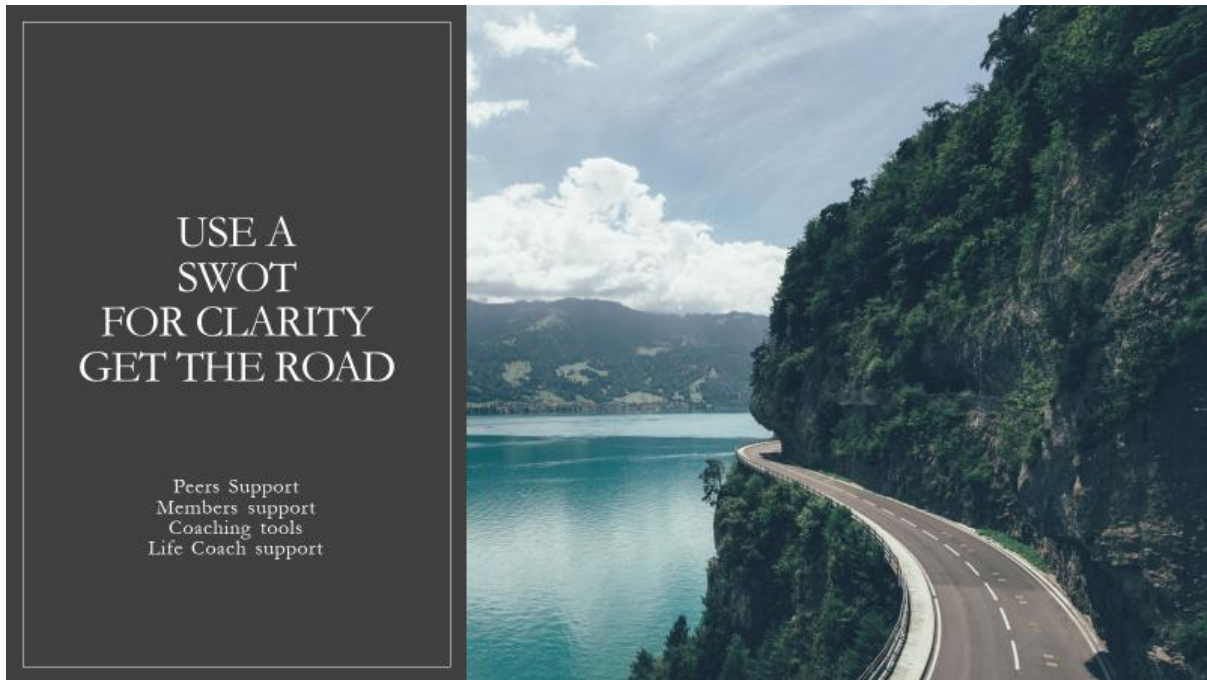
PROCESS

LIST

INVESTIGATION



EVALUATION



EVALUATION

Define use a SWOT

You strength	You weakness
Open Treat	Open Opportunities

EVALUATION

Define Use a SWOT

You strength	You weakness
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QUALITY IN YOUR WORK

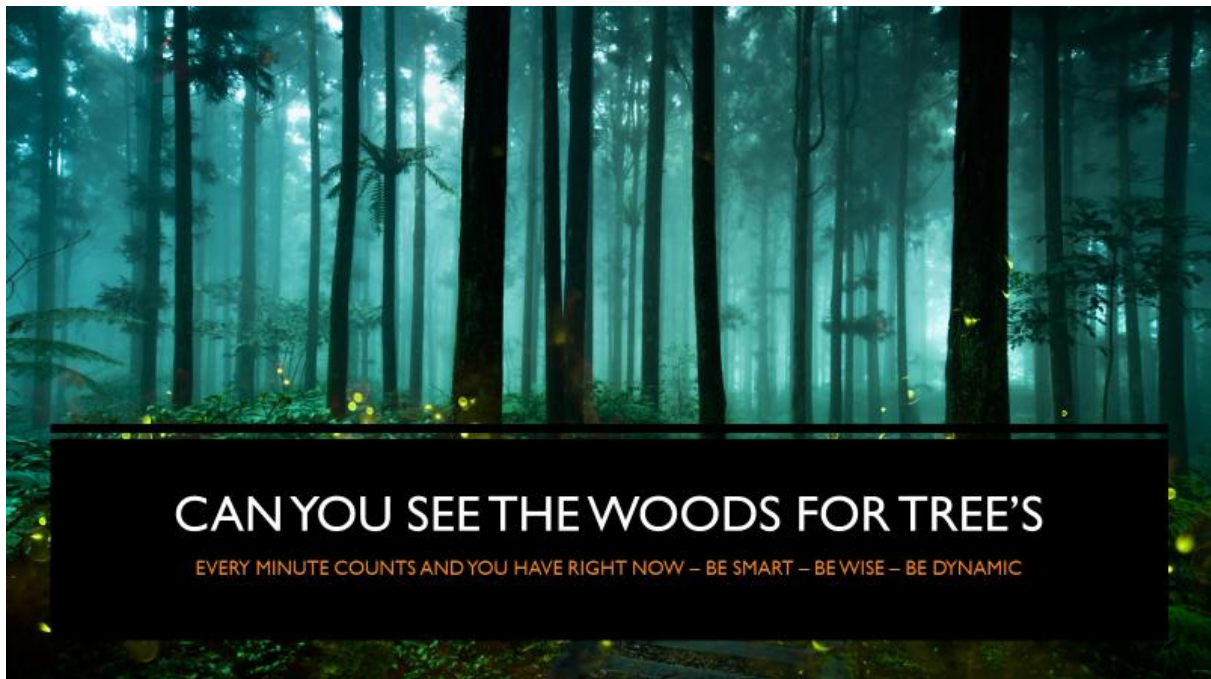
YOUR PLAN – WHAT AND WHEN

DO YOU NEED ANY RESSOURCES

Ressource	Rolle	Deadline

BUDGET

- Do you have costs
- Plan and budget for your costs



HOW WILL YOU MEASURE – HOW DO WE SUPPORT YOU:

- 1.
- 2.
- 3.
- 4.

APPROVAL – WEEKLY

Date	Name	Approved	Date

APPROVAL SIGNATURE

**NOTE THAT YOU MUST SIGN OFF EVERY WEEK
AND SEND YOUR CONFIRMATION TO THE LEAD
OF MENTORING.**

Name one reasons:

Why you know you want to do this:

**I HEREBY SIGN OFF TO KEEP MY SELF-
COMMITTED TO MY GOALS AND OUTCOME. I
ENGAGE IN GROUP TO ENROLL TO EMPOWER
STRENGTHEN AND COMMIT ME.**

**I HEREBY SIGN OFF MY CONTRACT TO
FULFILL MY 4 CORES OF LIFE.**

I am the protector of

My Health

My Mind

My Family

My Business

I am the master of my life and what I focus on I
will achieve in my own way.

Approved

Date

Signature



Welcome to Coachingandlife

Your life backup system

