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## **Life Coaching Life Coach How**

Life. Life coaching is the process of helping people identify and achieve personal goals through developing skills and attitudes that

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lead to self-empowerment. Life coaching generally deals with issues such as work-life balance and career changes, and often occurs outside the workplace setting.

### **Coaching - Wikipedia**

Coaching is essentially a partnership between the coach and their client, working together to help the client achieve their

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goals, be they in sports, business, their career, or other areas of life. A couple of popular definitions of coaching include the following:

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Life coaching also differs from mentorship and training, whereby a professional is paired with a more experienced professional, often in a workplace or industry setting. Life Coaching History: The Origin of

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Modern Coaching. Life coaching has grown out of decades of research in social psychology, clinical psychology, and professional coaching.

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