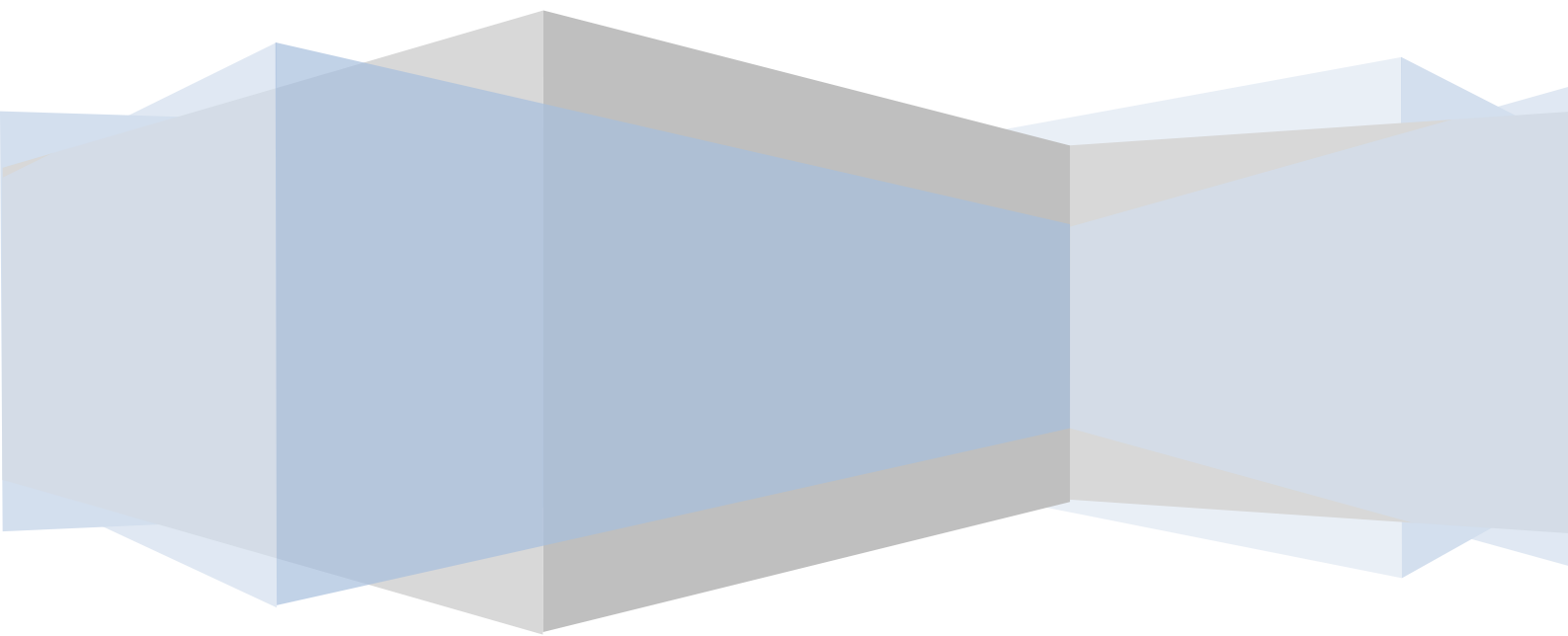


The Inner Coach

What A Life Coach Does & Doesn't Do!



Keith Collins

**A Life Coach doesn't teach knowledge
– that's a Teacher.**

**A Life Coach doesn't train skills
– that's a Trainer.**

**A Life Coach doesn't solve emotional problems
– that's a Counsellor.**

**A Life Coach doesn't practice therapy
– that's a Therapist.**

**A Life Coach doesn't solve behavioural problems
– that's a Psychologist.**

**A Life Coach doesn't cure mental illness
– that's a Psychiatrist.**

**A Life Coach doesn't teach from personal experience
– that's a Mentor.**

**A Life Coach doesn't give advice
– that's a Consultant.**

**A Life Coach doesn't teach theology
– that's a Theologian.**

**A Life Coach doesn't solve spiritual issues
– that's a Minister.**

**A Life Coach doesn't speak to the dead
– that's a Spiritualist.**

**A Life Coach guides the client along the client's unique & individual path
of personal development.**

**A Life Coach supports the client by connecting them to their own source of
personal empowerment.**

A Life Coach guides & supports the client to:

- **Become the effective cause of their own reality.**
- **Connect to opportunities they didn't know existed.**
- **Become conscious of what they already know & remember what they are already aware of.**
- **Develop unconscious competence.**
- **Learn emotional intelligence.**
- **Become problem free.**
- **Become intuitively connected.**
- **Become authentic.**
- **Follow their own inner guidance.**
- **Become Truly Selfish.**
- **See a third way out of every dilemma.**
- **Overcome fear.**
- **Live their true values.**
- **Create an ideal life.**
- **Discover their vision, mission & purpose for their life.**
- **Develop the presence to see every opportunity as it is presented, in the present as a present.**
- **Live in the zone of the gap, the flow & the now.**
- **Enjoy an effortless life.**
- **Help their Self.**
- **Make conscious & empowered choices.**
- **Get a Life worth living.**

Keith Collins

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