



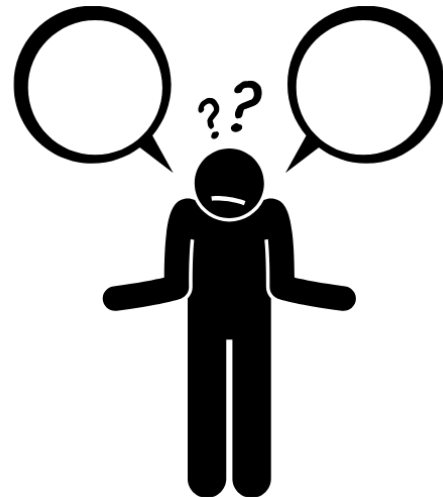
Why You Need a Life Coach?

Many people often mistake a life coach for a mental health professional, such as a psychiatrist or a therapist. This misconception often lead people to believe they do not need a life coach since they feel as though nothing is wrong with their mental health. However, a life coach is designed to help improve a person's professional and personal life by working with them to achieve their goals.

Difficulty Making Life Decisions

Life coaching is about encouraging and empowering the client in their personal and professional life. One of the biggest problems many people face is a difficulty to make life decisions. Some decisions may be minor, such as deciding to join a gym or repaint your house, while other decisions can be major, such as the decision to start a business or change careers. People have different reasons for being afraid to make decisions, whether they are scared the decision will be

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It is important to have a healthy balance between our professional and personal lives – one area should never overpower the other, but finding the right balance may be the hard part. Some people find they spend too much time in this personal life and 'blow off' their work responsibilities. Others are just the opposite in that they spend too much time at work and forget to pay attention to their personal

Lack of Balance

