

# Holistic Life Coach

Serve yourself so you may Serve others



## Coaching Yourself

Learn to listen to your inner self, study YOU



## Stop putting yourself last

Serve yourself so you may Serve others.



## Value yourself

What are you worth? You get what you pay for.

## Live your dash 1959 - 2059

Life is not a dress rehearsal it's the real thing

How do you want to live your dash? The dash is the time between birth and death. To what extent is this actually happening right now? Are you just going through your life or are you living your life, each and every day to the highest and best use of your time. What if you only had 30 days left to live, would you be living differently? What if you received an expiration notice?

1

### QUESTIONNAIRE

Complete the questionnaire

2

### R U READY

Pre contemplation  
contemplation  
preparation

3

### ACTION

When the student is  
ready the teacher  
(coach) will appear

## As a Holistic life coach I first made myself a personal laboratory of the 5 facets and now live them every moment of my life.

Understanding basic human theory, human nature is not not enough in 2020. A coach must dive deeper and not only become well informed but live with integrity, be an expert of the five facets not just Maslow's hierarchy of needs theory.

After digging into the negative aspects of my clients and friends in consultations, the change of direction to a much more positive way of sharing the process, giving "support" and work together as an "alliance" with a clear vision of the goals have radically shifted the path to a lighter & deeper relationship with them.

**"What shifted in myself and is happening now with my clients is a change in the neuro-structure of the brain, a true transformation"**



*Thank you so much for our class today. It was so amazing and fun, I was really excited!! You are a beautiful and inspiring soul ... so glad I got to heard from you again. October 2019*

*Rafaela Mariane da Rosa*

