

What is Life Coaching

It is very important in our life to understand 'how we do things around us' as our actions and decisions effect on us. Sometime wrong decisions affect us so badly that it can drag us into a terrible situation where we not only loss our confidence but choose the wrong path or make wrong decisions. No one wants to make bad decision, yet it happens. We might not 100% eliminate the chances of having wrong decisions in future, yet, we can mitigate them enormously through self-belief, motivation, planning, reassessment and clear vision on the expected outcome of the decision we are making.

Good decision creates favourable situation for us to achieve the goals in our interest. Right approach, appropriate planning and regular monitoring performances lead us to successfully accomplish our goals and mission.

In today's busy, hard and competitive life we feel that we sometime feel like a part of a machine which is running without break but in our case, we are not producing satisfactory results and achieving intended goals. We discuss our issues with family members, friends, elders, seniors, hire consultants and experts, most of the time, they give us good advices on our problems, yet we are dissatisfied and unable to bring change in our matters. The people we look for help don't work for us all the time in order to make sure that we are successfully working on our plans up to the end and achieve the expected results. We hardly find someone to work with us, analyse our situation, explore our options, motivate us on the things the way we wanted and making sure that we resolve our issues in our best interest and achieve our goals.

Consultants and Counselors can help us providing solutions and showing us appropriate way to resolve our problems, but they don't work with us up to the end to continuously motivate us and monitor our performance to make sure we will achieve the desired results the way we want to be achieved. And this is where the Life Coach works with the clients. Life Coach works with us closely, look into our problems, issues and goals, analyze them through looking into our situation, explore our abilities, resources, chances of success and find the best resolution which we can take on board and then Life Coach takes it from there, work with the client on the option/s the client has chosen to act on then monitor the progress until client successfully achieve the expected result.

Life Coach is a companion, mate, planner, organizer, motivator, monitor, mentor - all in one.

Life Coach motivates us, provide us confidence, accelerate our self-belief, create passion and work with us to generate ability to move forward in a positive manner to resolve the particular issue, problem or to achieve a specific goal.

Coaching is perfect for:

- Discovering your ideal personal and professional lives
- Making life more meaningful, simple and happy
- Building confidence
- Reducing stress
- Creating power and commitment
- Creating breakthroughs in financial freedom
- Fulfilling personal goals like weight loss, quit smoking, relationships & communication
- Choosing right career
- Achieving business targets

I am an experienced life coach who is qualified from recognized institute and accredited by international organizations of coaching. I am a Neuro-Linguistic Programming (NLP) Practitioner who holds multiple qualifications and expertise in different fields. I understand wide range of personal, professional and business issues and the issues related to workplaces, culture, social, political, and economic environments.

I deliver lectures and training service in;

- Career Change or Development
- Re-inventing Personal skills
- Time Management
- Strengthening communication
- Organizational Issues
- Leadership Issues
- Handle difficult people
- Goal Setting Decision
- Develop Motivation and Creativity
- Balancing life and work
- Mentoring

So, if you have a personal, business or professional issue you should contact me in confidence. I keep all issues and discussions of my clients confidential. I can also deal with you in Urdu or Hindi.

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