



Benefits of Life Coaching for Project Managers

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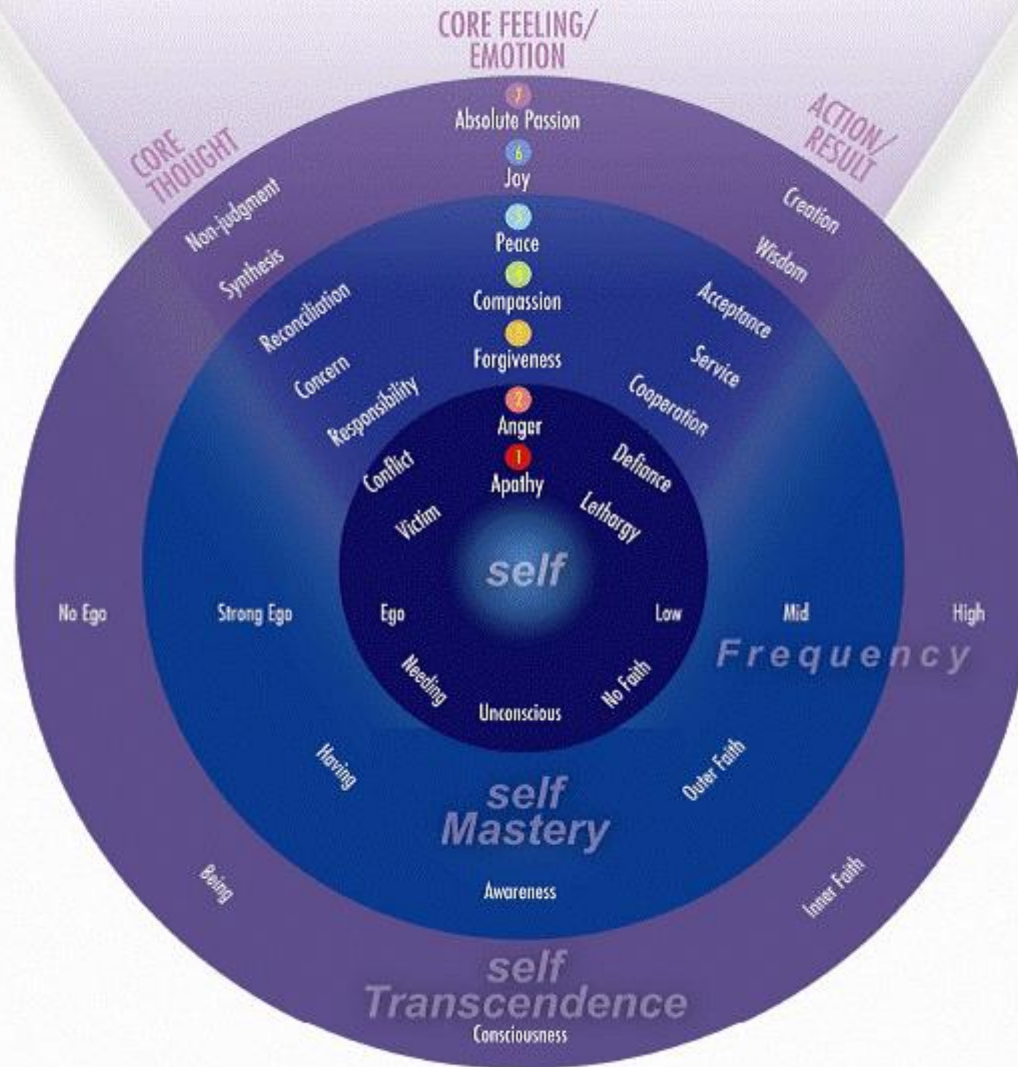


Discussion Outline

- **What is Life Coaching?**
- **Life Coaching vs. other service professions**
- **The Life Coaching process**
- **Requirements of the partnership**
- **Measuring Life Coaching success**
- **Going from Project Manager to Life Coach**
- **The Myths of Life Coaching**



Energetic Self Perception





Level 1

Victim → Apathy → Lethargy





Level 2

Conflict → **Anger** → **Defiance**





Level 3

Responsibility → Forgiveness → Cooperation





Level 4

Concern → Compassion → Service





Level 5

Reconciliation → Peace → Acceptance



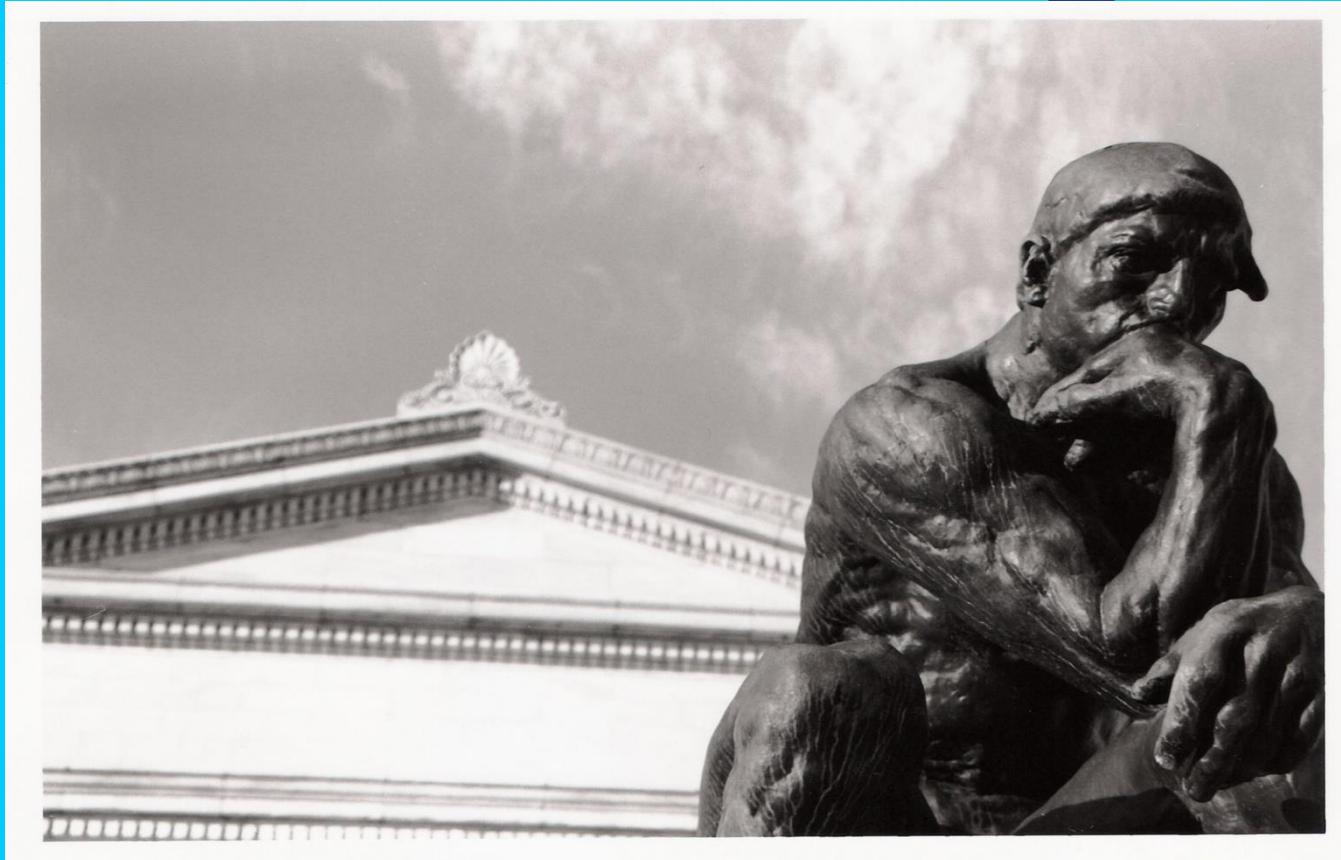
ACCEPTANCE

Could a greater miracle take place than for us to look through each other's eyes for an instant?
~ Henry David Thoreau



Level 6

Synthesis → Joy → Wisdom





Level 7

Non-judgement → Absolute Passion → Creation





Q&A

