



Self Esteem 3 Month Transformational Coaching Program Workbook

By Nicole R Locker Msp

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This structured 3 month coaching program was developed for individuals looking to build or re-build their self-esteem to become more effective in their careers, relationships, and daily lives. It is best used in the context of professional life coaching with a trained professional to assist with the goal setting and powerful questioning you will receive from a life coach. For coaches looking for a program to use with clients, the information contained in this workbook is completely based on scientific research on the topic of self-esteem (references included). It comes complete with a 3 month agenda mapping out what each session will consist of, an example of the poster/flier created initially for the author s own use of the program, and a full set of exercises to complete with your clients to help them build their self-esteem. This workbook contains the tools and exercises needed for both coach and clients to complete the Self-Esteem 3 Month Transformational Coaching Program brought to you by Life Goal Solutions, Inc. It involves exercises for personal development in areas,...



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