

If Life-Coaching is a mystery to you

READ THIS short booklet.

Includes example questions for you to ask yourself, to help you imagine some of the areas where a life-coach can support you.

What is Life-Coaching?

3RO Ltd – Life-Coaching for You!

Pam Jenkinson



What is Life-Coaching?

Put simply, Life-Coaching is a solution-focused process, drawing upon techniques from many different disciplines, e.g. Psychology, Neuro-Linguist Programming, Cognitive Behavioural Therapy, Hypnotherapy, etc.

Life-Coaching is distinct from advice, consulting, counselling, mentoring or therapy. You will hire a life-coach to assist you with specific professional projects, personal goals and transitional changes e.g. when you've reached a crossroads in life and are struggling to decide which direction to take.

A life-coach can help you to clarify your current situation and consider what you want to achieve in the future. Together with your coach you will create a plan-of-action to enable you to achieve the specific outcome you want from your coaching sessions.

Each life-coach has their own areas of expertise and preferred ways of working.

The client-coach professional relationship is very special because it is based on four firm cornerstones: Respect, Rapport, Resources and Outcomes (3RO).

If you choose me as your coach, together we will:

- identify and create a vision for you;
- utilise my skills, training and experience to support you on your journey;
- encourage your self-discovery and growth;
- nurture and evoke strategies and a plan-of-action based on what fits best with your goals, personality and vision;
- foster self-accountability to increase your self-reliance and resilience.

These aspects will all work together to enable you to maximise your potential and continue to develop positivity after our life-coaching sessions together come to an end.

Receiving life-coaching isn't always a comfortable experience. To grow and develop positively you are going to have to be willing to venture outside of your comfort-zone and face some hard questions. You don't have to share your answers to those questions with me, because much of life-coaching can be undertaken "Content-free". But, can you answer those difficult questions for yourself? If you could do, you probably would have done so already.

I can help you to find your answers.



I have put together this short booklet with some **questions for you to ask yourself**. These will give you some idea of the areas that life-coaching can help you to explore.

Every coaching session is unique. I do not have a list of “standard” life-coaching questions, because I have never yet met a “standard” client.

Hopefully these questions will make life-coaching less of a mystery, and more attractive and accessible to you.

If you have any questions, do not hesitate to contact me, either via my website or by phone.

<https://www.3ro.co.uk/contact-pam>

Tel: 07599765915

I always offer a FREE, no-obligation 45-minute “Exploration Call” for potential clients to discuss what they would like to achieve from coaching.

Book your first appointment today. It’s the first step of your new adventure.

A handwritten signature in black ink that reads 'Pam' with a small 'x' at the end of the stroke.



These are some **questions for you to ask yourself**. They will give you some idea of the areas that life-coaching can explore. Perhaps one, some or all will resonate with you.

Q1	In what ways am I living outside of my integrity and compromising my personal values and beliefs?

Q2	What have I left unfinished or unresolved that currently needs my attention?

Q3	What deep needs do I have that are not currently being met?

Q4	What am I fighting against that I would like to resolve?

Q5	What legacy will I leave in the world after I'm gone?

Q6	What can I do to be more engaged in life?

Q7	What am I tolerating in my life that I do not want?

Q8	In what ways am I behaving inauthentically?

Q9	Which choices am I making based on "I should..", rather than "I want.."?

Q10	How often do I react to situations rather than initiate change?

Q11	Are there any areas in which I am holding back forgiveness (for myself or others, and if so where?

Q12	What consistent negative thought patterns do I have?

Q13	In what ways do I allow some people to cross my boundaries?

Q14	In what areas am I making my own life more difficult or complicated than it needs to be?
-----	--

--

Q15	In what ways am I using busy-ness (e.g. work, television, the internet, etc.) to avoid facing something?
-----	--

--

Q16	How is my living space a reflection of my inner work?
-----	---

--

Q17	In what ways am I compromising my health or mis-treating my body?
-----	---

--

Q18	What am I passionate about? How can I spend more time pursuing what I'm passionate about?
-----	---

--

Q19	In what areas of my life would setting goals be helpful?
-----	--

--

Q20	How much of my time do I spend focussing on the past or worrying about the future?
-----	--

--	--

Q21	Which past events am I focussing on that are hindering my ability to live fully in the present?
-----	---

--	--

Q22	When was the last time you took time to appreciate all the good aspects of your life?
-----	---

--	--

Q23	In what areas do I allow or want someone else to take responsibility for me?
-----	--

--	--

Q24	What is holding me back from making the changes I want in my life?
-----	--

--	--

Q25	In what areas do I want to learn or develop my skills, and what would that give me?
-----	---

--	--

Q26	If I am going to choose one key area of my life to change, what will that be?
-----	---

--------------	--

Q27	What is my vision for five years from now?
-----	--

--------------	--

Q28	If I were to die tomorrow, what would I regret not having done?
-----	---

--------------	--

Q29	What drains my energy and how can I change it?
-----	--

--------------	--

Q30	What's stopping me from exploring any issues highlighted here with a professional life-coach?
-----	---

--------------	--

