



5 Life Coaching Techniques That Actually Work

1. Powerful Questioning

Ask deep, open-ended questions.

Spark reflection, insights, and self-discovery.

2. Goal Setting with Action Plans

Create SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.

Break goals into actionable, motivating steps.

3. Accountability Partnerships

Regular check-ins and follow-ups.

Boost responsibility and maintain momentum.

4. Visualization and Future Self Work

Imagine your ideal future self.

Strengthen emotional connection and clarity for your goals.

5. Positive Psychology and Strengths Focus

Build on existing strengths.

Cultivate positivity and fulfillment.

"Coaching isn't about fixing people. It's about unlocking their potential."