



# Are you ready?

## COACH YOURSELF INTO THE LIFE YOU REALLY WANT



Learn how **YOU** can conduct coaching conversations that **IMPROVE YOUR SUCCESS** in **EVERY AREA OF YOUR LIFE.**

So that when it comes to facing the gatekeepers in school or extracurricular, you'll be **MORE THAN READY.**

### THE PROGRAM COVERS FOUNDATIONAL COACHING SKILLS LIKE HOW TO:

1. Set a goal you can aim for
2. Do a reality check on where you are at now
3. Explore your options and opportunities
4. Commit to 'will do' actions for moving forward

### IF YOU HAVE EVER WANTED TO:

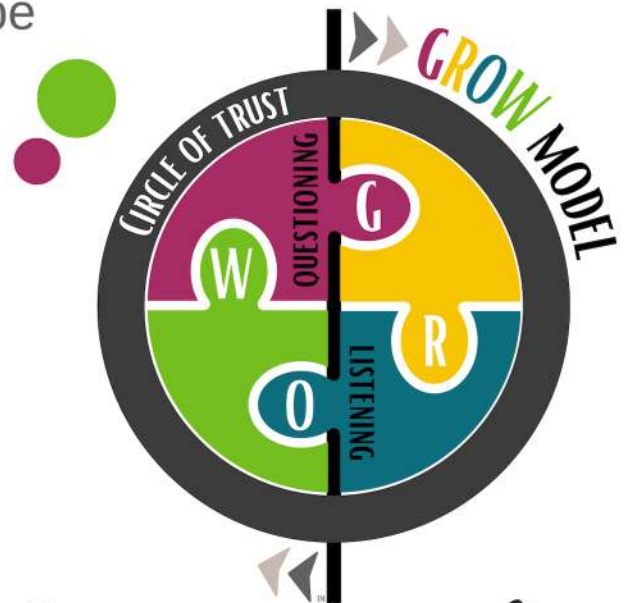
1. Achieve more academic success
2. Think more clearly about the issues that are important to you
3. Ask better questions that ignite your motivation to find better answers
4. Find your own solutions rather than rely on others to tell you what's best
5. Convince others that you are the right person for the opportunity
6. Open the doors that enable your dreams
7. Be ready for whatever challenges life throws up at you

### THEN THIS PROGRAM IS FOR YOU!

You'll also learn how to build trust with others, listen more deeply, question more powerfully and overcome the beliefs you have that are holding you back.

**AND**

You'll get a certification you can brag about and add to your story.



DrLesleyTaylor.com

Welsh Youth Coaching  
Certificate of Excellence Cymreig™