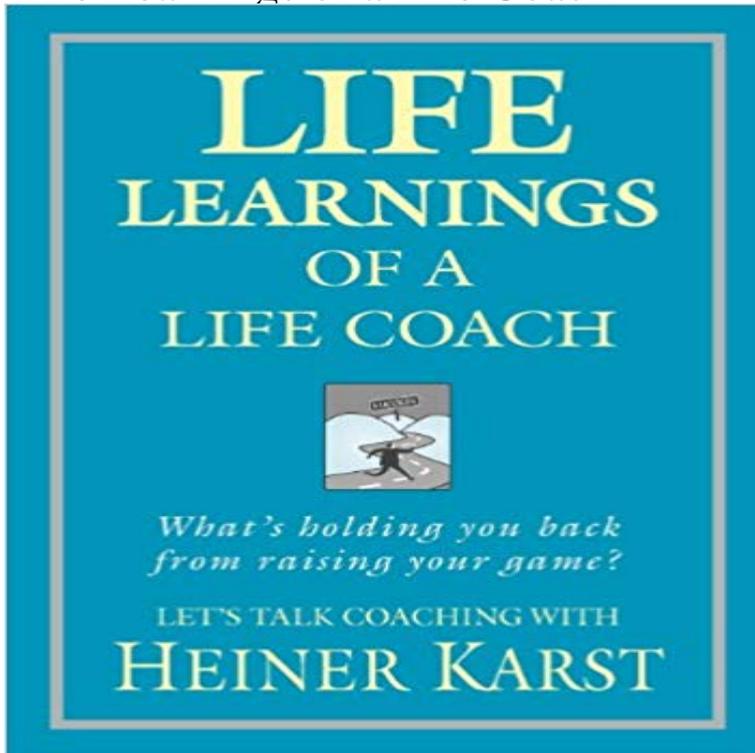


## Life Learnings of a Life Coach



Elite sports people and business executives have coaches to help them perform at the highest level. The majority of coaches have themselves been leading athletes or top business people. The guidance and wisdom they impart fast-tracks the careers of those they work with. If coaching works in sport and in business - why not in everyday life?

Author, Heiner Karst has spent many years coaching and mentoring clients to become the best they can be. He believes that with the right insights, many of us can coach ourselves through the obstacles we encounter, and develop a bunch of really strong, success-generating habits. The tools and approaches mapped out in this book can fast-track readers to desirable outcomes. We all face obstacles along our path, many of which are self-made. Life Learnings of a Life Coach will help us recognise them and the unconscious patterns we play out in our daily lives. With the structured guidance contained in this fascinating new book we can set about removing these obstacles and replacing them so that we can begin to live the life we have always wanted. The concepts outlined in Life Learnings of a Life Coach are a combination of universal truths, a lifetime of study and personal development, reading and learning. The book comprises 52 short chapters and is divided into five parts: 1. Lets start with you 2. Stretching your goals 3. What makes us happy? 4. There but for me, go I 5. Raising your game. Praise for Life Learnings of a Life Coach: This book gives you the opportunity to connect with an author with compassion who will become your mentor, friend or someone who just shows you the signposts. - John Fitzgerald, CEO, JLF Group Heiners easy style makes this unique collection of business, life and coaching experience a valuable read for you if you really want to make some changes in your life. - Sharon Pearson, Founder, The Coaching Institute

Simple but brilliant... there are pearls of insightful wisdom on every page, some obvious yet forgotten and if used in the right way they can keep us safely on the path of self-belief even when the road appears a little foggy. - Mark Cooper, Management Consultant, Business Improvement Facilitator and Coach If you plan to get where you want to go in business and in life, then you'll want to take great advice with you on the journey. The best advice I can give you is this: take Heiners book. - Dr Steve Carey, DPhil, Dip.Hyp, FIIB and Author Heiner Karst has the rare ability to share his learnings in plain language and in a systematic, easy-to-follow manner. Use it as a rule-book to create your own Masterpiece of a life. - Dr Thomas Schildhauer, University Professor at the University of Arts, Berlin A practical handbook with a personal touch - a must-have for people who want to take charge of their life and live it to the full. - Belinda Cohen, Performance Consultant and Coach, Inspired Reality

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