

Coaching life skills and reaching potential

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Orange Bothy Leadership

What is life coaching?

How can my life support sporting success?

Sport and adventure




How can lessons I have learnt from sport help me succeed in life?

What is job of a life coach?

- Educator
 - How do human brains work
 - Different thinking styles
 - Stress response
 - Energy management
 - How to strategize
 - Understanding self and others
- Professional ‘asker of questions’
 - Okay, how specifically does this work for me?
 - Who am I
 - What do I value deep down?
 - How can I figure out this problem I’m having?

How can life coaching help?

- Strategic questions 
 - Who am I?
 - Where am I going?
 - What am I doing?
 - Why am I doing this?
 - What do I want to achieve?
 - What's important to me about that?
- Tactical action taking
 - What does that actually look like in my life?
 - Specifically, how...
 - How can I solve this?
 - What action do I need to take?
 - Why isn't this working?
 - How will I know when I get there?

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Thank you for listening!

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