



# LORI HANSON

High Performance Strategies for *Serious* Success

## Top 10 Benefits of Coaching

Successful people have coaches. Professional and Olympic athletes often have a team of coaches: a technical coach (swing, swim, or trainer), sports psychologist, nutritional coach, media coach and more. People who are successful in business and life understand that coaching improves their performance, speeds their path to their desired goals and they know the results far outweigh the investment in coaching.

With her Performance Coaching Programs Lori adds two additional dimensions to the typical business or life coaching programs by integrating elements of holistic nutrition and mindset.

### Here are 10 Benefits Coaching Offers You:

**1. Get Unstuck and Find Motivation** As your coach, one of the first things we accomplish during our sessions is helping you get unstuck. You'll gain an understanding about why you haven't been able to take action with supportive, compassionate, yet motivational feedback that gets you moving.

**2. Personal confidant.** You can tell your coach things you wouldn't tell others. As your coach I'm neutral, non-judgmental and I've always got your back. (My clients *regularly* tell me how valuable this is for them.)

**2. Objective feedback, awareness to your blind spots.** We all have areas that are out of view or awareness until someone points them out. As your coach I offer a no BS approach to keeping you on track and steer you away from self-sabotage. I'll hold up the mirror when you need to see it. I'll always have your best interests in mind, no hidden agendas.

**5. Accountability.** Your coach can help you get things done that you've had on the list for months...or years. And you'll create space to set bigger goals by having to report weekly on your goals and accomplishments.

**7. Creative ideas and strategies.** Two minds are better than one. When you have a safe place to evaluate new ideas, behaviors and strategies, big (and small) things can be accomplished quickly with much bigger impact. Whether it's making more money, finding the dream job, improving your health, diffusing destructive patterns and creating beliefs that serve you, we create powerful strategies together.

**6. Confidence to Experiment.** As a coach I can provide feedback and a safety net for trying new things you thought were too hard, or out of reach. It's a lot easier to step out of your comfort zone when you know you've got support. We'll build your confidence in the areas where you need a boost.

**8. See, feel, and create your vision.** We'll work together to develop your plans for success based on your values, personal strengths, background and assets.

**9. Manifest results.** As your coach I'm the first to congratulate you on your success and manifestations both big and small. And if the results weren't what you expected, and the result feels painful or disappointing, I'll help you discover the lesson and move forward with what you've learned.



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**10. Transformation.** The process of coaching is transformational. As your coach we'll work together to move from where you are today, to where you want to be and create the life of your dreams...because you deserve it!

*"The results you'll get from coaching are tied to the level of effort you invest in your personal and business growth because your coach can't do it for you—but the possibilities are only limited by your imagination and beliefs in what you can do."* —Lori Hanson