

Give Your Soul a Gift®

Transformational Life Coaching Training

Home Study Course

written and created by Anke Otto-Wolf ©2014

Transformational Coaching is the link for change of directly lived and experienced reality making way within for what is the desired want.

Outcome Oriented- Being vs. Doing When we **are**, it is transformational in nature for it focuses on the *state of being* which we reach via our personal experiences; this again results in actions, which allow us to walk the path toward the outcome. Shifting from **doing** to **being**, creates a powerful transformation which can be applied to all situations in life.

Building Leaders - not the Process Are you looking for change? Whether in yourself, your business, your surroundings, or in students and classroom situations, or in society in general it is change you are longing for. Right? Therefore, focus on your inner Self, take charge of your feelings, and be not concerned about the procedure. Ghandi said, *BE the change you want to see happen.*

Utilizing one's own strength and potentials results in realizing that change means newness, looking at things from a different angle, creating and feeling new thoughts about the same topic, and forcing oneself to do a 'make-over'; moreover, it leads to improving the appearance or usefulness of that what needs to be changed. Change also means that our nature given energy can be renewed and adjusted, and therefore, put to better use. *Transform the old and unwanted into the new most wanted and effective one.*

KNOW what you WANT. Implementing a Transformational Strategy can be a challenging task of overwhelming expectations and stress. However, when approached through the lens of *Spiritual Awakening, Soul Balance and realistic Goals*, as well as healthy will power to achieve change, the Transformation is a given. Unearth your strengths, values, and hidden resources; transform negative experiences and thinking into powerful strategies that give you an edge in being your best Self. Create a detailed vision of your WANTS.

Have a Personal and Powerful Vision for your WANTS. Create a vision; see the END product of what you really want- let your dream come true and achieve your personal empowerment- aim high! Write down what your end results need to like, SEE your goals!

Ask **What** before **How**

What – creates ideas; what’s next? What now? What more? What’s in my future? What is it that I REALLY want? What is best for me? What can I do for myself?

Be positive and believe in your What- the HOW will appear
Your vision is what carries you, it provides the energy to fulfill your dream reaching your goal. This is also the phase when we ask “What’s possible?” Use Empathy, avoid Judgment- focus on YOUR personal growth; self- Motivation is sometimes most difficult, yet most powerful.

***** End *****

*** With the above pages we introduce the upcoming HOME STUDY COURSE (HSC) (Seven Phases, including work book pdf, audio mp3, free webinars), and up to 2hrs free access to Anke via phone, skype, email; pricing of the HSC will be very affordable. Date for publishing and availability is March 2014

*** Send an email to anke@sedonasoulbakance.com and express your interest in this Home Study Course

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and let **Transformation give Your Life a Lift!**©