

Neuro Nurtured Living

5 BENEFITS OF COACHING

01

BETTER SELF-CONFIDENCE

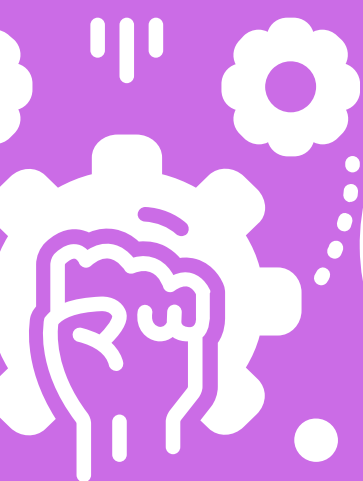
A study by the IFC reported that 80% of people who hired a life coach reported improved self-confidence



02

A GROWTH MINDSET

A benefit to coaching is a shift in perspective. We call this of this a growth mindset. With coaching, you can expand and nurture your growth mindset



03

IMPROVED SELF AWARENESS

Coaching can help you build your self-awareness muscle and ultimately, gain more confidence in knowing who you are

04

IMPROVED RELATIONSHIPS

Over 70% of people in coaching benefitted from improved work performance, relationships, and effective communication skills



05

BETTER CLARITY & PURPOSE

Studies show that people who take part in coaching report a higher sense of purpose and meaning.

