



CRYSTAL RA LAKSMI-DITTON

New Time
Coach



Today's tasks about Coaching are following;

- If you look back to your life's 5,10, 20 years back - what kind of "seasons" have you had in your life? What have been different topics which have presented themselves - like in my case - energywork (SPIRIT), anthropology (HOLISTIC APPROACH TO HUMAN NATURE), tantra (BODY), mindset clearing (MIND) etc, etc. Check out my video, read the blog, and FB notes about the topic and locate the topics in your life. **If you start to look at your life from that point of view you may be able to locate your LIFE MISSION thread and find out what is the common thread with all the topics.**
- Once you do this what connections come up?
- What is Coaching for you?
- What is mentoring for you?
- What is consulting for you?
- When have you been an unofficial Coach to others. What happened?
- If you have thought about becoming a Coach what courses have you checked out?
- What values are important for you to become a Coach? How would you follow these through?
- Why are these important for you?

Thank you for taking the next step closer to your real you!

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