

Change happens

Why is it important to be able to change? Welcoming change

BYO - can you be your own life coach?

All change

What works and what doesn't

Hopes and dreams

What do you really want?

Whatever turns you on Exploring motivation

From negative to positive Turning ANTs into PETs

Building a solid house of change

Solutions, solutions, solutions

Moving away from the problem towards a solution

Gathering strength (Exploring motivation)

Staying on track

Do it with a friend Co-coaching

Success

Coach yourself: a life-coaching programme for change

Further Reading

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