



Beyond Beliefs: Transformational Coaching with Heart* (Paperback)

By Vicki H Escude

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What is the HEART* approach to personal and professional coaching? HEART* marries rational and emotive change with energetic awareness for more holistic behavioral change. HEART* is an acronym for the process of identifying barriers and supporting the client's shifts in perception. The theme of releasing limiting patterns, negative beliefs, attitudes, perceptions and shifting mindset is one of universal importance, especially during times of global angst and uncertainty. Ultimately, this is the most important work you can do with your coaching clients: helping them to remove the barriers to their creativity, spontaneity, and freedom! Working with our client's inner landscape is the HEART* of the matter! Become comfortable delving into deeper areas with your clients for their highest personal and professional growth, inviting them to experience greater joy, expansion, higher energy and new possibilities.



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-- **Morris Schultz**