

Ultimate Coaching Guide Table of Contents

Letting Go of Anxiety in Minutes By Elaine Sum	1
Your Discovery Channel: How to find a midlife career direction that fires your passion, fits your personality, and fills your pocket! By Kathy Bitschenauer	5
How to Live a Prosperous Life Right Now! By Christine Loff	15
How to Overcome Difficult People, the Executive's Way By Carla Schnitker	19
How to Land a Great Coach – Strategies for Success By Kimberly Gale	25
The Ultimate Financial Guide: Bringing your Financial World Together Simply By Sheila Hutchinson	29
Ten Tips for creating a lifelong web of friends by networking By Susan Feder	32
Time Management Secrets: How To Manage Your Energy, Not Your Time By Valerie Thomson	35
How To Value Your Time And Change Your Business From A Job To A Saleable Asset By Dr. Greg Chapman	40
How to – SUCCESSFULLY - Survive a Burnout!! By Helena Clift	44
Build a Broader Coalition to Expand Your Piece of the Pie By Kayte Connelly	48
Your Performing Edge: Mind-Body Fitness Guide By Dr. JoAnn Dahlkoetter	53
How to Replace the 5 Benefits of Work When You Retire By Jane Hardwick	61
How to Focus on Your Strengths and See Your Doubts Disappear By Janet Bowen	65
Surviving a Life-Threatening Disease By Renee Alexopoulos	69
HOW TO LIVE YOUR BEST LIFE IN RETIREMENT: Six Questions to Ask Yourself NOW By Kay Goldberg	74
Set Your Inner Elder Free: How to Unleash Your Inner Elder...and Why Your Life's Second Half Depends on You Getting It Right! By Gail McConnon	79
The Successful Mindset: How to Think Like a Winner By Suzanne Lieurance	84
Energetic Leadership By Janice Bastani	87
How To Cut Through The Clutter. Seven Tips To Help You Find Bliss And Productivity By Pam Bryan	91
How to Develop Your Millionaire Mindset By Dr. Patricia A. Cardner	95
How To Overcome The Pitfalls Of Perfectionism And Achieve Success Faster! By Gabriella Caldwell-Miller	98
'On The Go' Foods That Fuel You In Five Easy Steps By Randi Cestaro	103
Tap Into the Law of Attraction to Lose Weight without Dieting By Andrea Amador	105
FEAR BUSTING: How to Move Past Fear and Achieve Success in Your Career and Life By Nancy Horwitz	110
Trouble Creating A Product? How to discover your Product Creation Style and leverage it to create products faster, more easily and more economically. By Maiya Rose Benda	114
How to Succeed by Using a Wholistic Approach to Life? By Ann Hogan	118
How to Transform Relationships from Good Enough...to Great! By Ellen Grinstead	123
Sing Yourself Healthy: Using Your Voice to Increase Your Energy and Improve Your Life By Gwen Chappell	128
IS CLUTTER KILLING YOUR SPIRIT? How to Get Clutter-Free and Regain Your Life By Terry S. Atkinson	130

The Ultimate Guide to Success: How to Free the Indomitable Human Spirit	135
By Lorraine King-Markum	
The Power of Permission: (Sometimes all you need is a little permission to create the life you want)	139
By Jacqueline Wales	
How to be an effective manager: the three powers every manager must wield	148
By Loretta Love Huff	
Power Parenting: 10 Steps Toward a Peaceful Home	153
By BJ Moorer	
How to Increase Your Confidence in 3 Steps	158
By Alana Clow	
Negotiating with Integrity: Keys to Success Without Selling Your Soul	163
By Carrie Gallant	
How to Have Your Retirement Income Outlive You	168
By Anita Kirkman	
Creating a Business Doing What You Love	172
By Barbara Didion	
How to Recognize your Personal Patterns and improve your Communication	177
By Narelle Shamrock	
How to Leverage your Faith and Spiritual Gifts in your Life and Business	181
By Tressa Ryan	
The U Factor: 6 Steps to Living an Extraordinary Life Authentically	185
By Shawntel McBride	
Improve Your Health & Productivity by Zapping Stress	188
By Lisa Smith	
MENTAL TOUGHNESS: How To Prepare Mentally And Emotionally For Unstoppable Success	195
By Debbie Campbell	
How To Navigate Major Life Transitions After 40: Six Success Strategies	199
By Susan Osborn	
Mindful Mirth: Using Humor to Improve Your Health, Relationships, and Personal Effectiveness	203
By Karen R. Gabel	
Goal Setting – 5 Steps to take to ensure success!	208
By Louise Crooks	
How to keep your business thriving in a high-tech world.	212
By Darlene Dean	
How to Set Boundaries and Find Time in Your Life	217
By Paula Eder	
Identifying Conflict Levels & Strategies for Resolution	223
By Teresa Gilbert	
Achieve Success Through a Personal Development Plan	227
By Jeanna Lynch	
Be Remembered	229
By Deb Hawkins	
Work? I Thought I was Playing! How to Bring Your Passion to Work in 5 Key Steps	233
By Donna Karaba	
How to uncover TRUE leaders	239
By Cindy Looney	
The U Factor: 6 Steps to Living an Extraordinary Life Authentically	242
By Shawntel McBride	
Awaken Your Inner Columbus: How To Stay Ahead Of The Curve	245
By Dr. Susan R. Meyer	
How to Use Dating Strategies to Get a New Job	249
By Meg Montford	
How to use Emotional Intelligence to improve relationships	254
By Kevin O'Connor	
How To Make Money Living In A Small Town	257
By Marie O'Neill	
How to set goals in line with your values and live a more fulfilling life	262
By ViviAnn Labba	
How to Beat Overwhelm by Creating Calm in Your Hectic Life	267
By Sarah M. Schultz	
How To Think Like A Leader: Three Lessons Worth Knowing When You Are The Boss	269
By Vlasta Sekyra	

Midlife Makeover: How to Make the Second Half of Your Life the Best of Your Life by Deeply Connecting With Your Passion By Maureen Staiano	272
How To Create Effective Leadership Through Courage And Love Or Recognizing the Power of One By Karen Stultz	276
How to Become an Appreciator – The Most Important Activator of Abundant Joy In Your Life By Tina Cook and Annette du Toit	281
Leadership and Ethics: How to reap rewards and dividends all your life. By Alex R. Torres	286
Achieving Success - One Conversation at a Time Strategies for Conversation Breakthroughs By Erika Trimble	292
How To Create A Clear Vision And Propel Your Organization To The Top By Lynn VanLeeuwen	296
Turning Insightful Moments into Maximum Motivation for Winning in the Game of Life By Les White	301
A Moment of Awareness: The simple ways of How to improve your awareness & energy By Lilyanne Wang	307
How to Build Better Relationships by Establishing Exceptional Listening Skills By Shann Vander Leek	309
How to use Law of Attraction to achieve success in life By Christian von Kessel	312
Wake Up! You're Driving: How to Step into the Drivers Seat as a Leader with a Life By Shawn Driscoll	318
Goal Setting – 5 Steps to take to ensure success! By Louise Crooks	323
The Successful Mindset: How to Think Like a Winner By Suzanne Lieurance	327
Facing a Health Crisis: How to Use Self-Healing To Beat Your Doctor's Prognosis By Dr. Manoj Sacheva	330
How to develop the perfect team: Using personality archetypes to create a powerful balance By Larry Davidson	336
How to Keep Your Kids Occupied and Your Business Growing! By Alberta S. Johnson	340
How to Step Out Of an Old Paradigm And Create a New Reality With New Results Jim Zarvos	344
How To Easily Move Through Any Life Transitions By Kim Kirmmse Toth	350
How to Use Emotional Freedom Technique to Solve Problems & Improve the Quality of Your Life By Judith A. Wentzel	353
How To Beat Procrastination and Achieve Your Goals Faster! By Deb Huenke	359
The Vein of Gold in Master Minding By Diana Goolsby	361
Living a Fit and Healthy Life...Fifteen Minutes at a Time By Diana Fletcher	366
Four Ways to Restore Focus During Trying Times! By Michelle Burns	368
The Power of Personal Resilience: How To Master Your Inner Game, Grow Your Resilience And Win In Business And In Life By Gail Davidson	370
Transitions-How to Turn Confused into Calm, Muddle into Momentum & Scared into Success! Where are YOU in the Cycle??? By Marcia Merrill	379
The Power of Confrontation – Seizing it as an Opportunity to Reach Rewarding Results By Dawn Leitner	385
How To Make Powerful Decisions In Life And Business By Shona Partridge	390
Out With The Old, In With The New: How To Create A Habit That Sticks By Kerri Wood	393
How to Juggle Multiple Goals at Once By Tammy Cook	397
About Contributors	410