



## Susan Chan at New Horizons Coaching Needs

*Confidence and Self esteem*

*Communication skills*

*Personal health and well being including weight, stress and exercise*

*Work Life Balance*

*Money/ Finance and planning for the future*

*Dreams and achievements*

*Relationships*

*Career development*

*Handling baggage and clutter*

*How to be happy!*

*What areas would you identify as your top priorities for life coaching?*

*Recognise these as 'desire statements'*

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*Date*