



Life Coaching and Consulting: Strategies Used

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365 Consulting Group's Certified Life Coaches

Overview

This e-book will provide you with tips, tools, resources, and strategies to help you move forward in your personal and professional life.



Strategy One

“A personal strategy for life coaching is for you to choose one day out of the week to pray and plan your goals for the week. Remember to “eat the elephant first” (knock out the biggest task first) and to touch your goals every day.”

Dr. Karen Ratliff

365 Consulting Group, LLC.

www.365consultinggroup.com



Strategy Two

“A great resource for managing your time is utilizing calendars. Whether digital or print, calendars help you organize your life.” Don’t underestimate the calendar on your phone. You can set reminders, schedule meetings and even invite others to share your calendar. If it’s not in my calendar it’s simply not happening.

Keli Avery

Creative I Consulting, Inc.

www.creativeiconsulting.com

Strategy Three

“A great life strategy I use often with my clients is to encourage the freedom to dream again. Don’t worry about the responsibilities of life and just dream. Imagine that you are a child again and dream as big as you can, as vividly as you can and as dramatic as you can. Once you have that vision in your head, write it down and make steps to make those dreams a reality. Dreams are God’s snapshots of blessings He has for you. So believe in your dreams. Build in your sleep so you can live the life you dreamed of when you wake up!”

Certified Master Life Coach, Laverne Thomas

www.blissdreamlove.com

@blissdreamlove Facebook, Instagram, Twitter



Strategy Four

“Begin each day with a Grateful Declaration. A heart and daily declaration will combat your thoughts of not having enough, thoughts of not feeling as if you are enough and will help you celebrate how far you have come. When doubt arises, when fear tries to creep in, when you begin to think of where you are not, remember where you came from, all you have been through and all you have conquered. Be Grateful....Always! It will be fuel to your faith and faith produces more!”

Jasmine Stokes

The Greater Me Consulting, LLC

www.thegreatermeconsulting.com

Strategy Five

“A great way to stay focused on accomplishing your goals is by breaking them down into bite size pieces. Begin with the end in mind. Write down what is the ultimate goal. Then ask yourself, “What do I need/want done this year?” How can I work towards it monthly? Weekly? Daily? This method will help you declutter your mind of your ideas and put them into action without feeling overwhelmed.”

Makeisha Williams-Thompson

Iammakeisha, LLC

www.iammakeisha.com

@iammakeisha Facebook, Instagram, Twitter



Strategy Six

“A personal strategy I often tell others is to practice self-care, and one of the best self-care activities is repeating positive affirmations daily. Think and speak about your future in a positive way, walk by faith, and not according to what you have seen in the past or are seeing even now in the present. “For as he thinketh in his heart, so is he.” Proverbs 23:7”

Chanda Felder

Positive on Purpose, LLC

www.chandafelder.com

Strategy Seven

”A strategy to live by is knowing you were created to do, be and become exactly who God created. Regardless of the obstacles, challenges or setbacks that come your way, gaining the understanding that there is only one you is critical to you persevering forward. Just like driving, when you begin your journey, keep your eyes focused on what is before you. Don't get distracted by those traveling the same road and when you reach your destination plan your next course of travel. Always remember you are smarter than you know, wiser than you think and stronger than you realize. Now, put your feet on the pedal and forge forward - you got this!”

Certified Life Coach, Helen Johnson

www.ahamoments4thesoul.com

aha4soul@gmail.com



Strategy Eight

"You know you are following your dreams, when you enjoy the process as you are preparing for the outcome. So, talk about your dreams, work through the process, and be ready for the outcome.

Jeannette Carter

Certified Health & Wellness Coach

LIVE Consulting LLC

www.liveconsultingllc.com



Strategy Nine

“As with any relationship it requires work, understanding, patience, and forgiveness, when we put all of these things together and allow god to be the center, we can make magic!”

Cheryse Singleton-Nobles Certified Life Coach

www.365nobles.com

Instagram 365NoblesEnterprise

Strategy Ten

Galatians 5:22

“But the fruit of the Spirit is love, joy, peace, long suffering, gentleness, goodness, and faith.”

Galatians 5:22. I know that operating in each one of the fruits of the spirit with a sincere heart, my life will be at peace and in order. I will draw all men into me /my business. I will have a successful business and satisfy clients. You can do the same.”

Prophetess Yvette Vaughn

Certified Life Coach & Christian Counselor

Vaughn & Vaughan Consulting Firm LLC

www.vaughnconsultingfirmllc.com



Strategy Eleven

Creating a "vision board" is a fun, intentional, and thought provoking activity that can be done in isolation or with others. "If you can see it, you can become it." That is the theme of my vision board. I create a vision board yearly that outlines my long and short-term goals (personally, professionally, and socially). My vision board provides me with a daily visual reminder of my dreams, goals, and inspirational quotes.

Glinda "Yvette" Baker

powerwithinconsulting@gmail.com

Strategy Twelve

"A professional strategy for creating techniques to achieve individual performance goals in the workforce includes enhancements of your skills and ability to perform your job functions. This can be accomplished by taking training workshops, as well as online webinars."

Christina Gatechair, MBA HRM

Serenity HR Consulting Coach, LLC.

www.serenityhrconsultingcoach.com

info@serenityhrconsultingcoach.com



Strategy Thirteen

“The foundation of our relationship with God is prayer. Prayer allows you to communicate with God and in return he communicates back to you. In prayer, God can revealed His secrets and mysteries to you. In prayer there is peace, joy, laughter, worship, healing, and deliverance. Developing your prayer life is one of the greatest things you can do as a believer. There is no right or wrong way to pray. Develop your unique relationship and communication style with God as the Holy Spirit leads you. As you develop, you will begin to yearn for even more time with the Father.”

Elizabeth A. Strickland, M.A.

Certified Spiritual Life Coach

www.elizabethastrickland.com



Strategy Fourteen

“As you live, you are required to change. Managing personal and professional change is an inside job. Be intentional about taking action to increase your emotional wellness, treating yourself with compassion, and moving through the change process with acceptance, responsibility, awareness, and grace. You will be consistently presented with a change opportunity because you are strong enough to manage it, you have the skills to access God’s provisions to evolve because of it, and you have the ability to use it as a testimony to help others grow from it. Transformation begins within. Emerge your soul.”

Nicole White

Emerge the Soul, LLC

Emergethesoul.com

Strategy Fifteen

“Ephesians 2:10 (NLT) “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ask yourself; “do I know who I am?” I help discover their true identity in Christ and help them live on purpose according His standard that He created for them.”

Kim Major, Certified Life Coach

coachkmajor@gmail.com



Strategy Sixteen

“Learn to be bigger than your emotions. As humans we can experience a number of emotions on a daily basis and those emotions typically guide our choices and decisions. Being able to rise above your emotions will allow you to make choices that are based on a beneficial aspect opposed to a feeling aspect.”

Yolanda Nalls

rsgconsultant.com

Strategy Seventeen

"Use your alarm to hold yourself accountable. Setting multiple alarms throughout the day is a great reminder to focus on the things that are important to you. Equally, this strategy is an easy way to control the frequency, day and how often you receive reminders which helps to prioritize!"

-Chrislin Flanagan

[-www.ChrislinFlanagan.com](http://www.ChrislinFlanagan.com)

-mrscoachchrissy@gmail.com



Strategy Eighteen

“Stop carrying loads that are bigger than you. God will not put more on you than you can bear. You must know your limits. You don’t have to carry your problems on your shoulders or back. Give it to God and use your support system; mother, father, friend, church member, counselor, whoever. When you try to carry more than the bear minimum that God has planned, we fall, we break, and we go into an overload. Release your load so you won’t have a mental or stress overload.”

Evelyn Donelson

Certified Professional & Transitional Coach

Evolution Consulting, LLC

evelution2020@gmail.com

Strategy Nineteen

“One strategy that I live by is: simplicity is best. I used to over-complicate things by trying to always go above and beyond. Putting that type of pressure on myself was crippling. So in life, I decided that simplicity was bliss, and if “above and beyond” flowed naturally with whatever I was doing then I would consider that an extra sprinkle of divine magic.”

Ty Young, Certified Life Coach & Self-Publishing Coach

Communication & Life Enrichment for Individuals & Couples

SIX 24, LLC | www.six24life.com | ty@six24life.com



Strategy Twenty

“You have to evaluate how you are feeling and your energy. Did I have any water today? Have I been active this week? Have I done my personal development today? How I am feeling affects how I get to my goals. Take some time and get “You” together - mind, body, and soul. It is so easy to get caught up in the “hustle and bustle” of everything that needs to be done. But we have to remember to take care of ourselves, so that we can help others and get to our goals.”

Nina N Huggar

Certified Life Coach & Health and Wellness Coach

Coachingwithninah.com

@coachingwithninah on FB, IG, Twitter, & Pinterest

Strategy Twenty-One

“As you move forward in your professional and personal life, it is important that you BELIEVE IN YOURSELF. You have to visualize your greatness when others are not willing to see the excellence in you. Never allow someone's limitations on you to become your reality. Be confident, stand up tall and give yourself permission to accept all that you deserve. I BELIEVE IN YOU!”

Qiana Nelson

QSN Consulting, LLC

www.qsnconsulting.com

info@qsnconsulting.com



Strategy Twenty-Two

“A strategy that I use for decluttering my life is time blocking. It’s a great way to help manage stress when you feel overwhelmed. First start off with a list of things that you need to accomplish on that day. Prioritize the list based on urgency then decide how much time it will take to complete each task. Set the time during that day to focus on each item one by one. Shut off distractions. And focus on each item that is listed. You will be surprised by how much you can accomplish in an hour or two when you organize them first and focus on the thing in front of you.”

Tianna Saunders

Finally It Fits Coaching and Consulting, LLC

TiannaSaunders@FinallyItFits.org

www.finallyitfits.org



Strategy Twenty-Three

“Remember, every good and perfect gift requires one to embrace and endure a process to receive it. Pray, Plan, Put your FAITH into action and Be Patient throughout the process. Nothing truly worth gaining is ever easy to achieve. Stay focused on your goal and remember, GOD'S TIMING is perfect.”

Lady Tanya Russ

Certified Personal & Spiritual Life Coach

A Touch of Class Inc

TanyaRuss.com

TouchofClassinc8@gmail.com



Strategy Twenty-Four

“Find the good in every situation. When you feel good, you do good! Get into a better position to allow healing to take place, make decisions and execute plans to move forward and accomplish goals.”

T. Jane't & Co.

info@tjanetco.com41



Strategy Twenty-Five

“Strategy is Execution! Sometimes we plan and don’t properly execute, therefore your strategy is to EXECUTE! Plan and implement beyond the now. Your goal is not to create another job for yourself, you went into business for more flexibility so that you can spend time with the people who matter most (you, your husband and children). Take time to build and repair your familial and business foundations.

Monitor your confessions. Come out of agreement with any word curses you spoke over yourself or your business i.e. I hate or I’m not good at sales, marketing or social media, etc.

OUTSOURCE- yes you are the queen or king of figuring it out, but that is not the best way to grow your business. Hire a team even as subcontractors sooner rather than later to support. Set up systems (operations, client and team onboarding, online and offline marketing, etc). Develop automated nurture and sales funnels for each product and service. The bulk of your business should come from automated digital products and services. Automation is your goal to decrease frustration while increasing consistency, revenue and fulfillment.”

Zakiya N. Moton, MPH

UPLEVEL Leaders

www.zakiyamoton.com