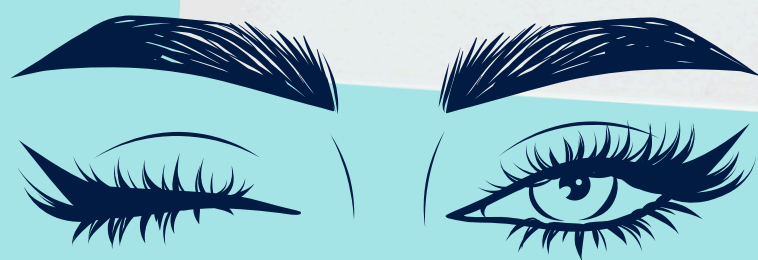
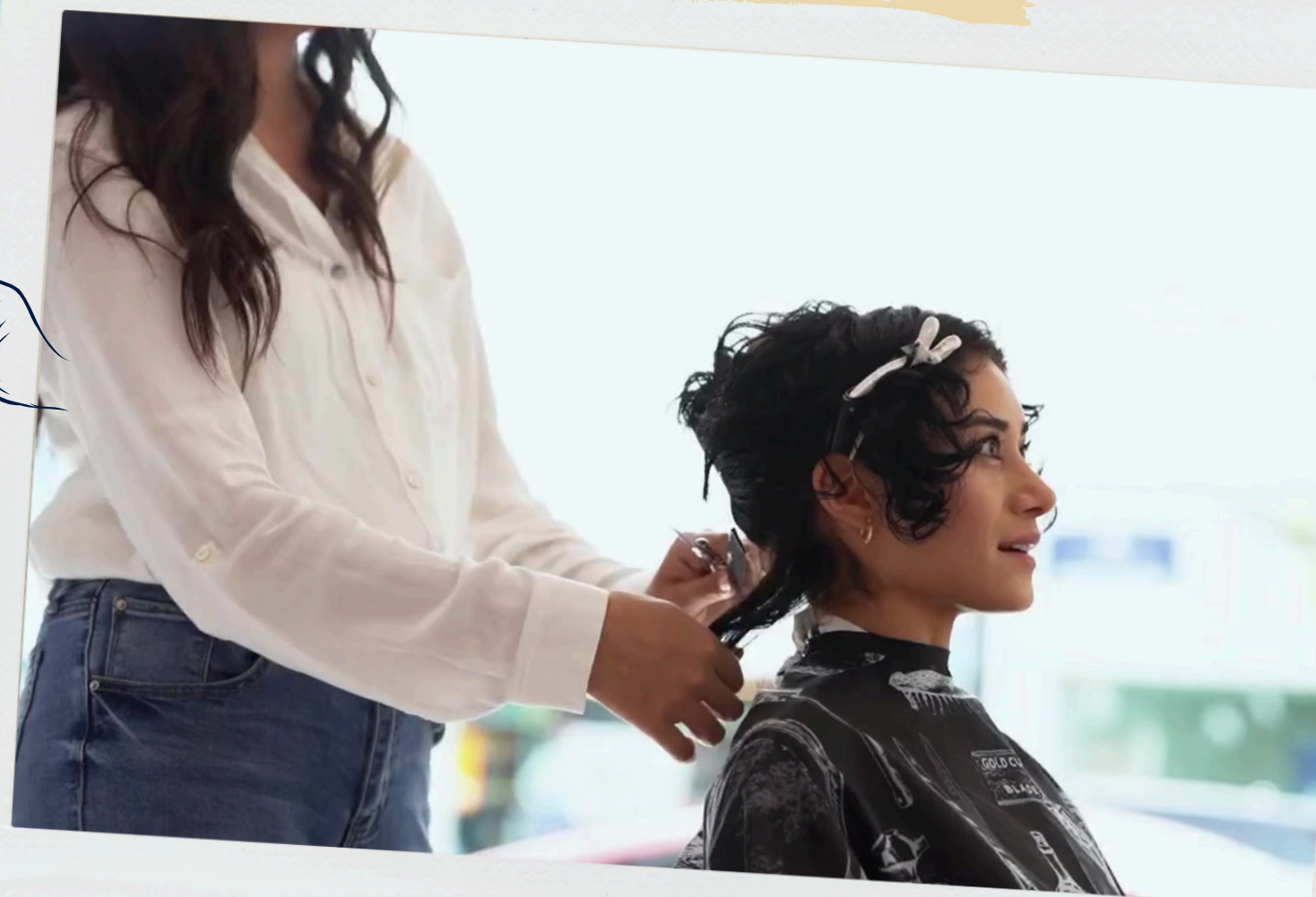
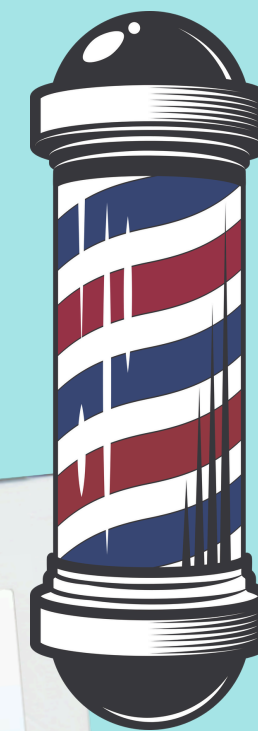
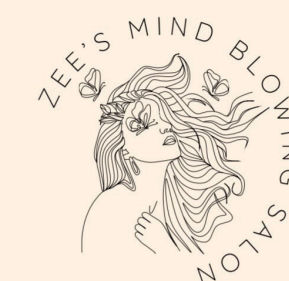


# Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat







FILM NEGATIVE

FILM NEGATIVE

13

→ 13 A



LM NEGATIVE

→ 14

→ 14 A

# Module 2

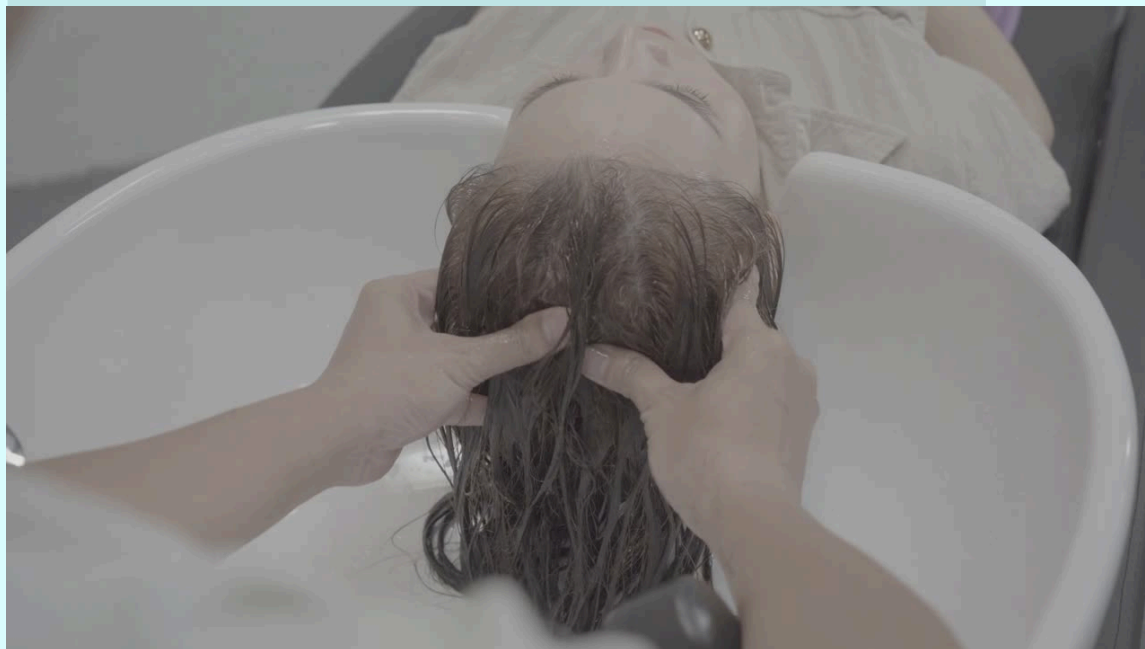
Define the **role**  
**you play** in your  
business and the  
quality of service  
your business will  
provide.



# Reflect on Your Responsibilities



- Write down the tasks and activities you perform regularly.
- Determine the key areas of your business and how you contribute to it
- Evaluate the impact of your work performance on the business.





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# Identify Your Strengths and Skills

- Acknowledge your skills, talents, and areas of expertise
- Identify areas where you may need improvement or support.
- Focus on utilizing your strengths to drive business success.







# Define Your Role

- Write a job description that outlines your responsibilities, duties, and expectations.
- Choose a title that accurately reflects your role and responsibilities.
- Set clear boundaries and expectations with colleagues, clients, or partners.



You will need this info for your website





# Define the role you play

- As humans, we have many roles that we play.
- When we can't find the balance that is when things go wrong. Often we take on more than we can handle, this often leads to anxiety.



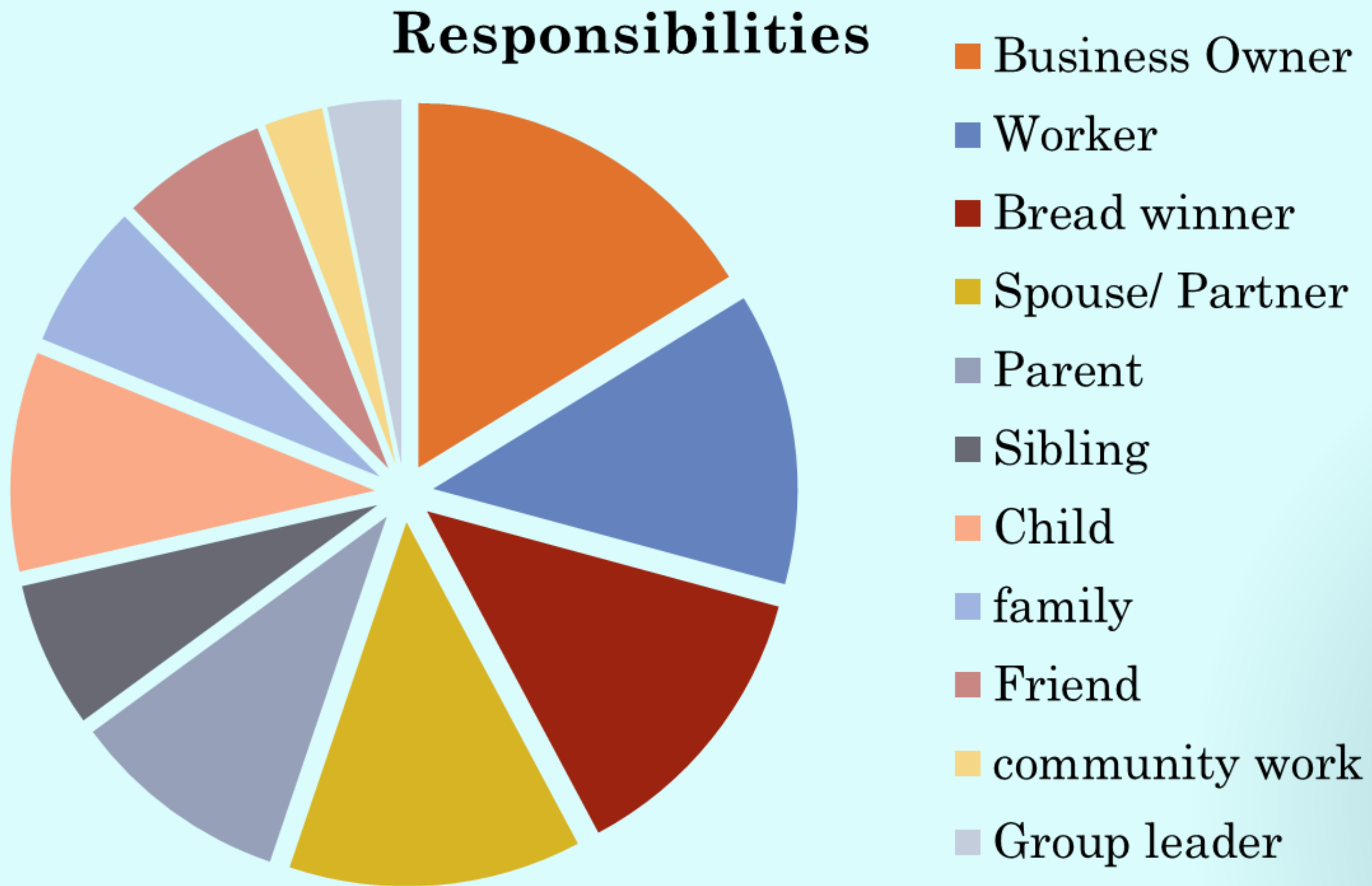
What percentage of your life are you giving your business, family, friends, relationship, and yourself?



What percentage of your awake time does your work absorb from you?



Create a chart showing the percentage of each role in your life.





# Time management

- Time management helps prioritize tasks
- Effective time management ensures that time is used efficiently, reducing waste of time and increasing productivity.
- It helps stay organized, reducing stress and anxiety.
- Ensures that deadlines are met, reducing stress and pressure.
- More time to focus on strategic thinking and decision-making.
- Ensures that clients receive high-quality service, increasing client satisfaction.
- Effective time management reduces the risk of burnout, promoting overall well-being.
- Finds the balance between self-care, personal activities, and work.
- Time management can help manage employee time and productivity more effectively.
- This can lead to increased profitability by reducing waste and increasing productivity.



Effective time management is crucial for business owners to achieve success and maintain a healthy work-life balance



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# Control Your **5 M'**



Your **mouth**



Your **mind**



Your **mood**



Your **manner**



Your **money**



# The 5 C's of a successful person

Connection



Courage



Challenge  
(instead of difficulty)



Control



Commitment

