

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



By Life Coach Zainab Achmat





← 13

13 A



← 14

17

# Module 3

## How to **stay** **motivated and** **energised when** **handling clients** **that are constantly** **venting, feeling** **overwhelmed,** **anxious or burnt** **out.**





# Create a safe space for our clients

## Physical Safety

- **Preventing accidents:** A safe space helps prevent accidents and injuries, such as slips, trips, and falls. Maintaining a safe space can reduce liability, protecting your business from potential lawsuits and claims.
- **Equipment maintenance:** Regularly maintaining equipment ensures it's in good working condition, reducing the risk of accidents.



## Hygiene and Sanitation

- Preventing infections: A clean and sanitized environment helps prevent the spread of infections and diseases.
- Maintaining a clean workspace: Regularly cleaning and disinfecting equipment and surfaces ensures a hygienic environment.

## Emotional Safety

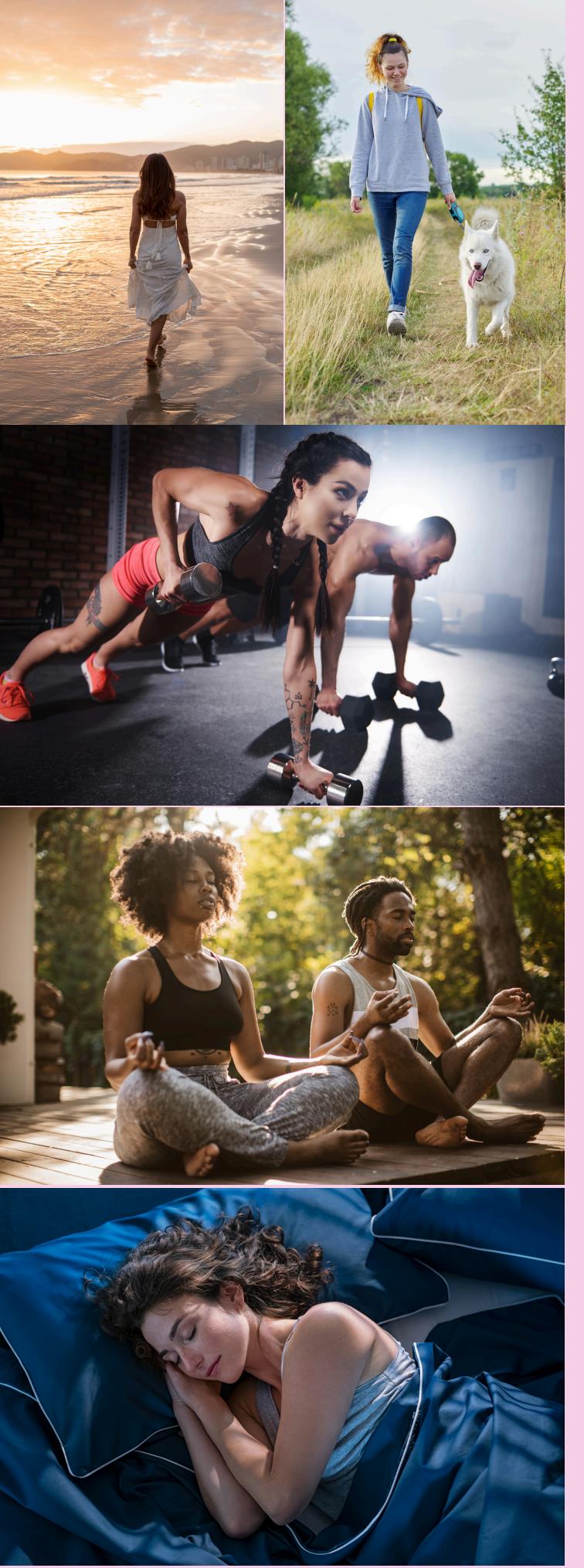
- **Comfort and relaxation:** A safe space helps clients feel comfortable and relaxed, reducing anxiety and stress.
- **Building trust:** Creating a safe space builds trust between you and your clients, fostering a positive relationship.

# Why am I feeling so drained...

- **Mood transmission:** Negative emotions can be contagious, spreading from one person to another.
- **Empathetic response:** When you're empathetic, you may absorb others' emotions, leading to feelings of tiredness.
- **Constant negativity:** Prolonged exposure to negativity can be exhausting, as you're constantly trying to manage your own emotions and reactions.
- **Negative environments** often lack positive reinforcement, leading to feelings of demotivation and fatigue.
- **Physical and mental exhaustion:** Chronic stress can lead to physical and mental exhaustion, causing feelings of tiredness.
- **Cognitive overload:** Constantly dealing with negative people can be mentally taxing, leading to cognitive overload and fatigue.
- **Lack of control:** Feeling trapped or unable to escape a negative environment can contribute to feelings of tiredness.



Being surrounded by negative people can be draining for several reasons



# How can I get rid of negative energy

## Grounding Techniques

- **Nature connection:** Spend time in nature, walking barefoot or sitting outside, to connect with the earth and calm your energy.
- **Exercises:** Practice grounding exercises, such as focusing on your five senses, to bring yourself back to the present moment.

## Physical Activity

- **Exercise:** Engage in physical activity, such as walking, running, or dancing, to release endorphins and boost mood.
- **Yoga or tai chi:** Practice yoga or tai chi to combine physical movement with mindfulness and breathwork.
- 

## Mindfulness and Meditation

- **Mindfulness practices:** Practice mindfulness techniques, such as deep breathing, meditation, or yoga, to calm your mind and body.
- **Regular meditation:** Regular meditation can help reduce stress and negative energy.

## Self-Care

- **Prioritize self-care:** Make time for self-care activities, such as getting enough sleep, eating nutritious foods, and engaging in activities that bring you joy.
- **Boundary setting:** Set healthy boundaries with others to protect your energy and prevent negative influences.

## Emotional Freedom Technique (EFT)

- Tapping helps you access your body's energy and signals to the parts of the brain that controls stress.



As a life coach, effective communication with clients is crucial for building trust, understanding their needs, and facilitating growth. Here are some key aspects of life coaching communication

# Communication is key

## Listen

- **Active listening:** Give your full attention to the client, maintaining eye contact and avoiding distractions.
- **Reflective listening:** Reflect back what the client has said, in your own words, to ensure understanding and show you're engaged.

## Empathy and Understanding

- **Empathetic responses:** Respond with empathy and understanding, acknowledging the client's emotions and experiences.
- **Non-judgmental attitude:** Maintain a non-judgmental attitude, focusing on understanding the client's perspective rather than evaluating or criticizing it.

# Powerful Questions

- **Exploratory questions:** Ask open-ended questions that encourage the client to explore their thoughts, feelings, and experiences
- **Non-leading questions:** Avoid leading questions that might influence the client's responses or steer them in a particular direction.
- **Thought-provoking questions:** Ask powerful, thought-provoking questions that challenge the client's assumptions and encourage new insights.
- **Future-oriented questions:** Ask future-oriented questions that help the client envision and plan for their desired outcomes.



**DO NOT**  
give advise.  
it can cause  
problems in the  
clients life and  
you can end up  
being sued



# Self Motivation

- Set clear goals.
- Break down larger goals into smaller, achievable tasks.
- Celebrate small victories and acknowledge progress along the way.
- Reward yourself for achieving milestones.
- Focus on the priority tasks.
- Stay organized by using digital apps for Appointments to avoid double bookings.
- Ensure you have a solid support structure.
- Prioritize self-care by exercise, healthy eating, and living a stress free life.
- Take regular breaks to recharge and avoid burnout.
- For personal development, always keep updated with skill development in your industry. (boost confidence)
- Remember why you started your business.
- Stay flexible and adapt to changes in your industry or market.
- View failures as opportunities to learn and grow.

