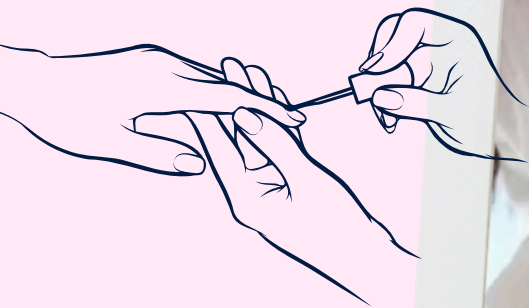
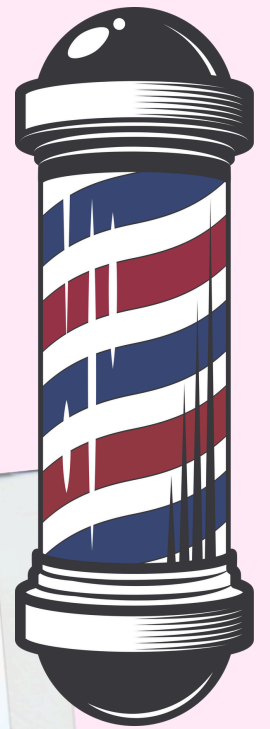
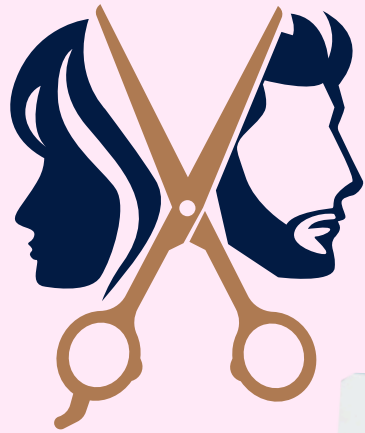
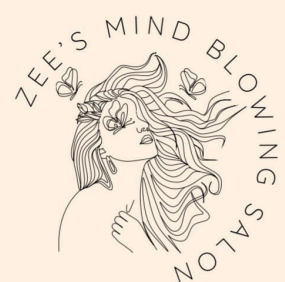


Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat



Module 3

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

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FILM NEGATIVE

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FILM NEGATIVE

→ 14



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.
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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.



DO NOT

give advise.
it can cause
problems in the
clients life and
you can end up
being sued

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.





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.

