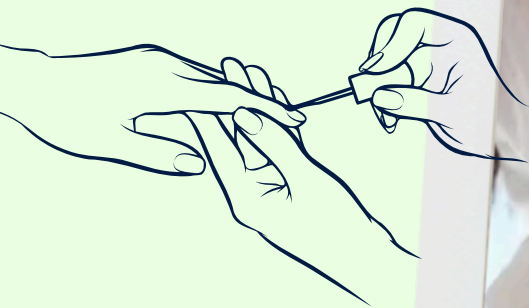
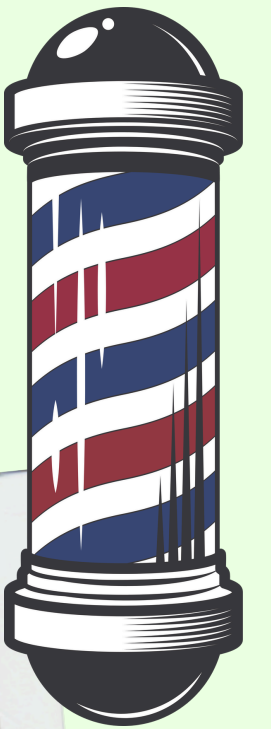


Life Coaching tips for Barbers, Hairstylist, Lash / Nail Tech



By Life Coach Zainab Achmat



Module 4

Life coaching skills
that will set you apart
from other service
providers, also assist
in gaining trust for
new or return clients





Tony Robbins' Six Human Needs

Certainty - need for safety, stability, comfort

Variety - the need for stimulus and change

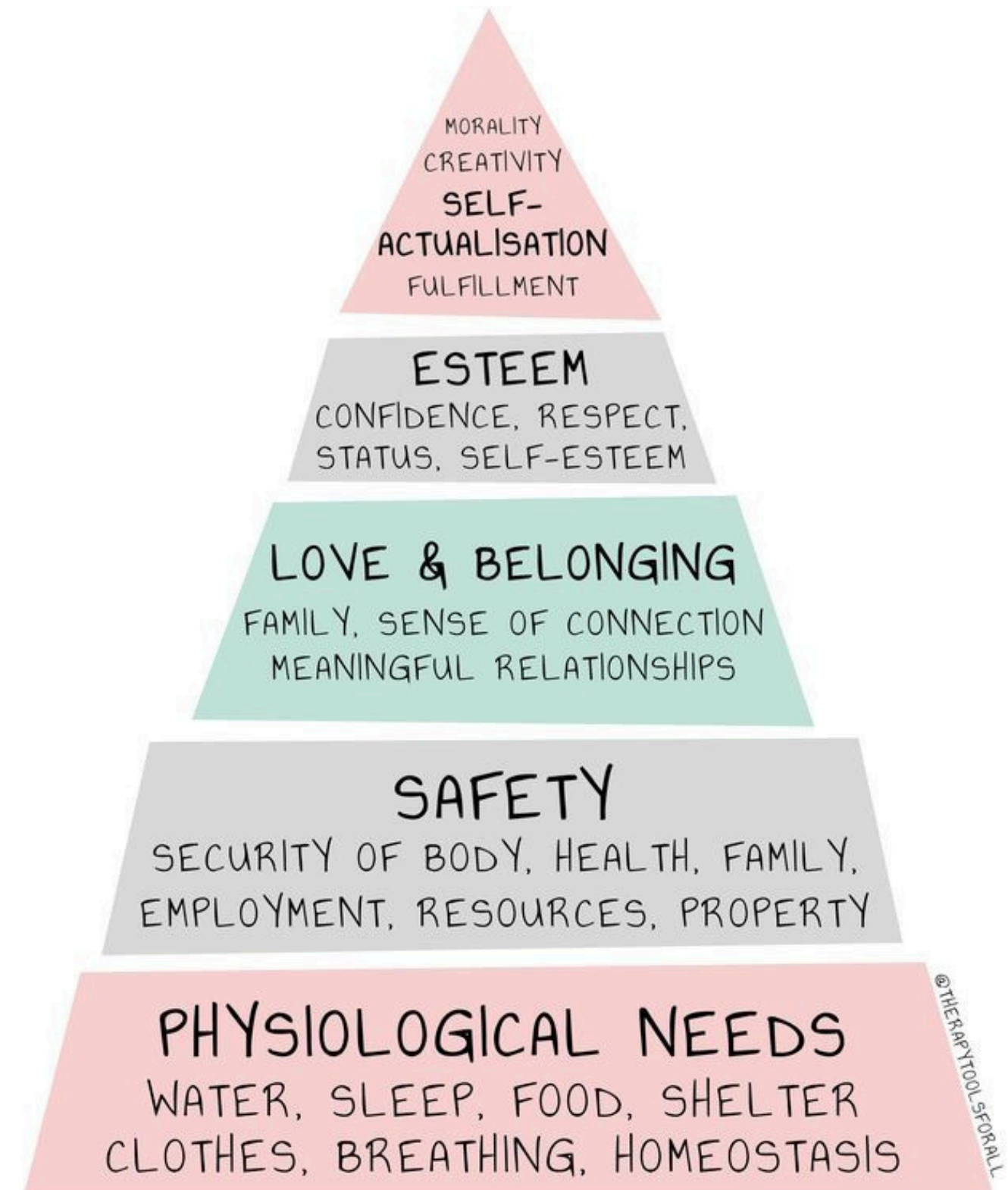
Significance - the need to be special and worthy of attention

Connection & Love - the need for connection with others, and ultimately to love and be

Growth - the need to develop and expand

Contribution - the need to give beyond yourself

MASLOW'S HIERARCHY OF NEEDS



Let's chat about our life wheel

1



2



3



4



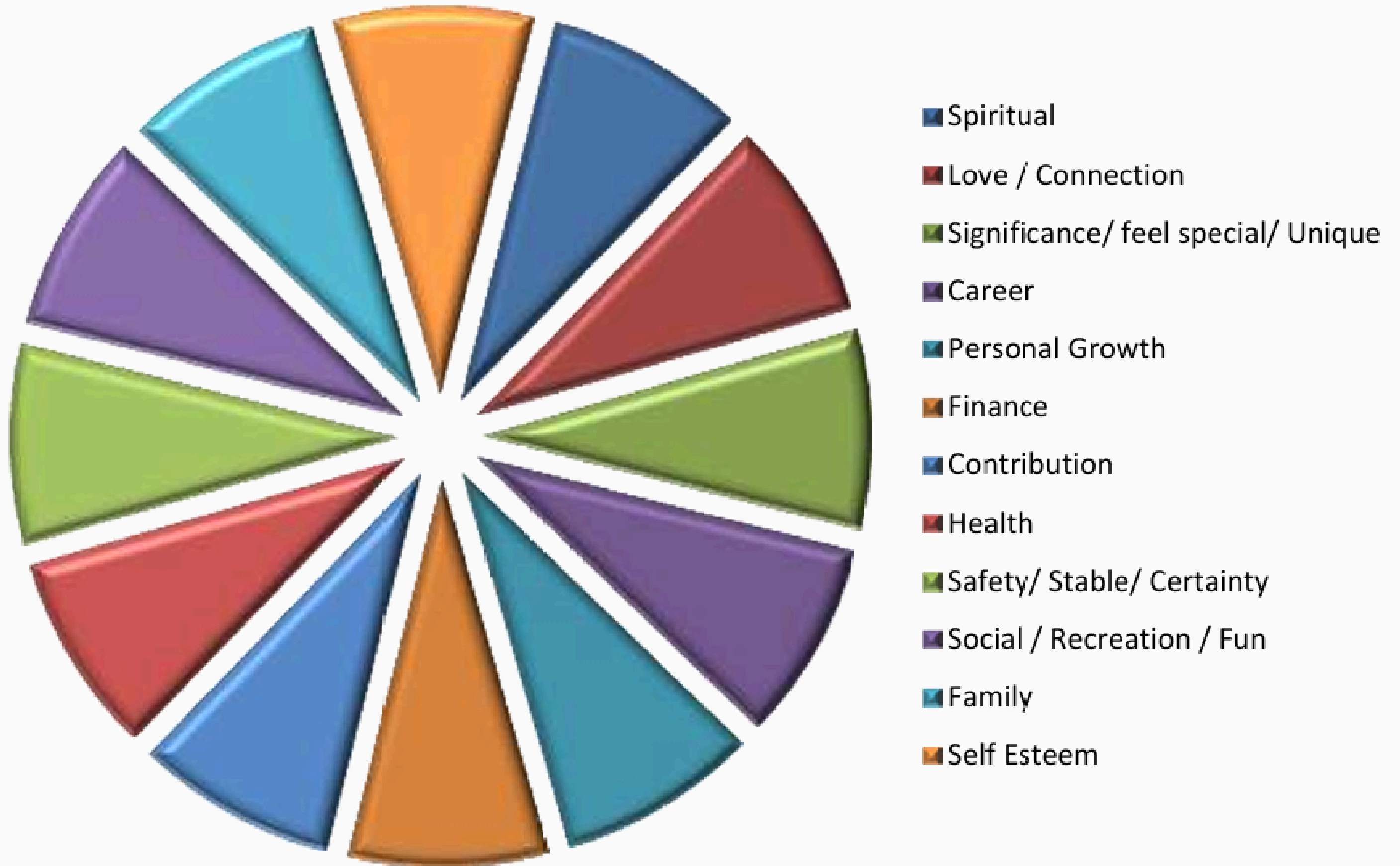
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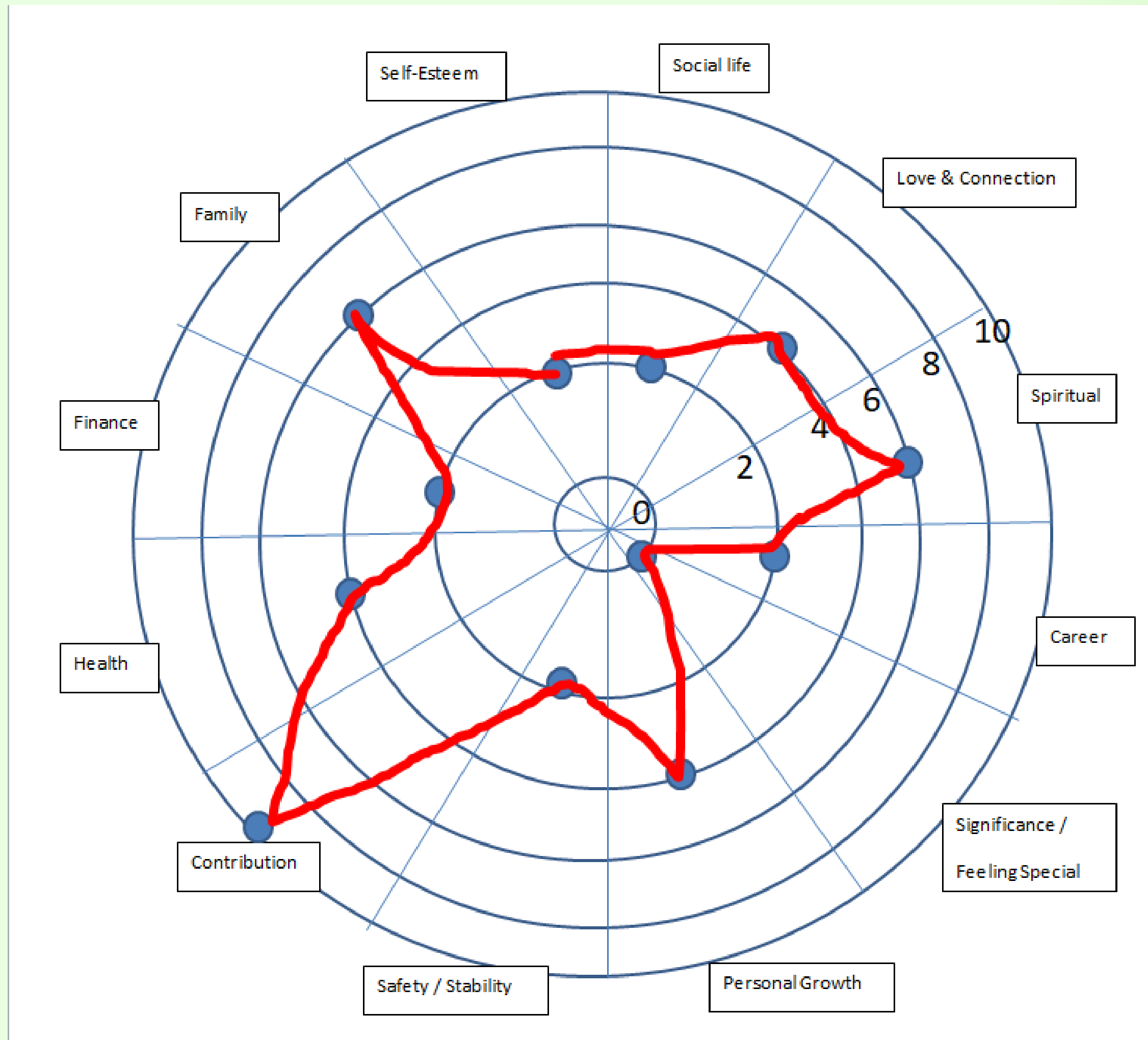
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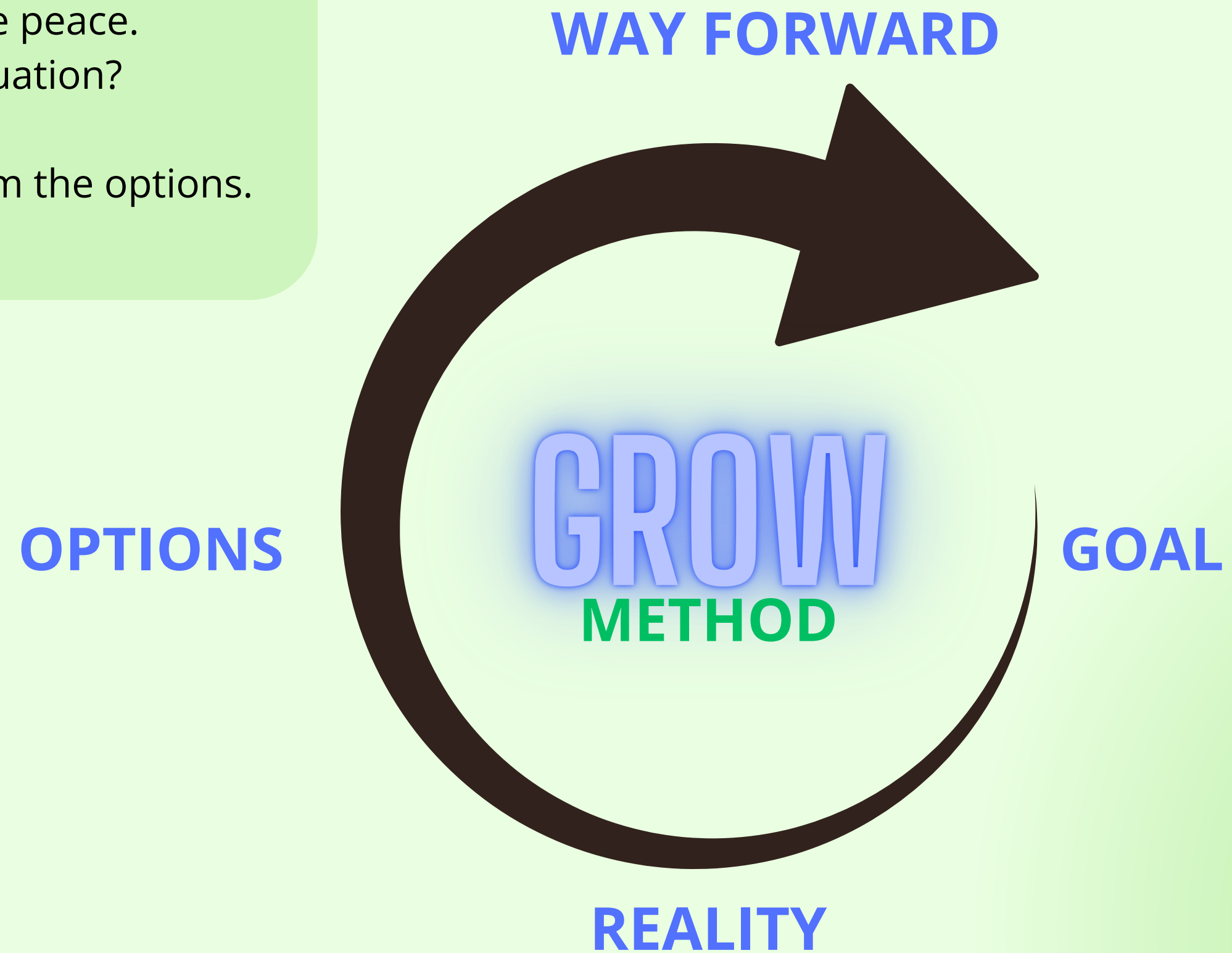
Coach Zee explains the life wheel



Coach Zee explains the life wheel



1. Identify your goal to bring the peace.
2. What is the reality of the situation?
3. What options do you have?
4. Identify the way forward from the options.





Coach Zee

ZAINAB ACHMAT