

***HOW
TO COACH***

CONFLICTIVE

PEOPLE



WATCH EPISODE 11 ON
YOUTUBE

Peaceful Definition LouiseAnneMaurice.Com

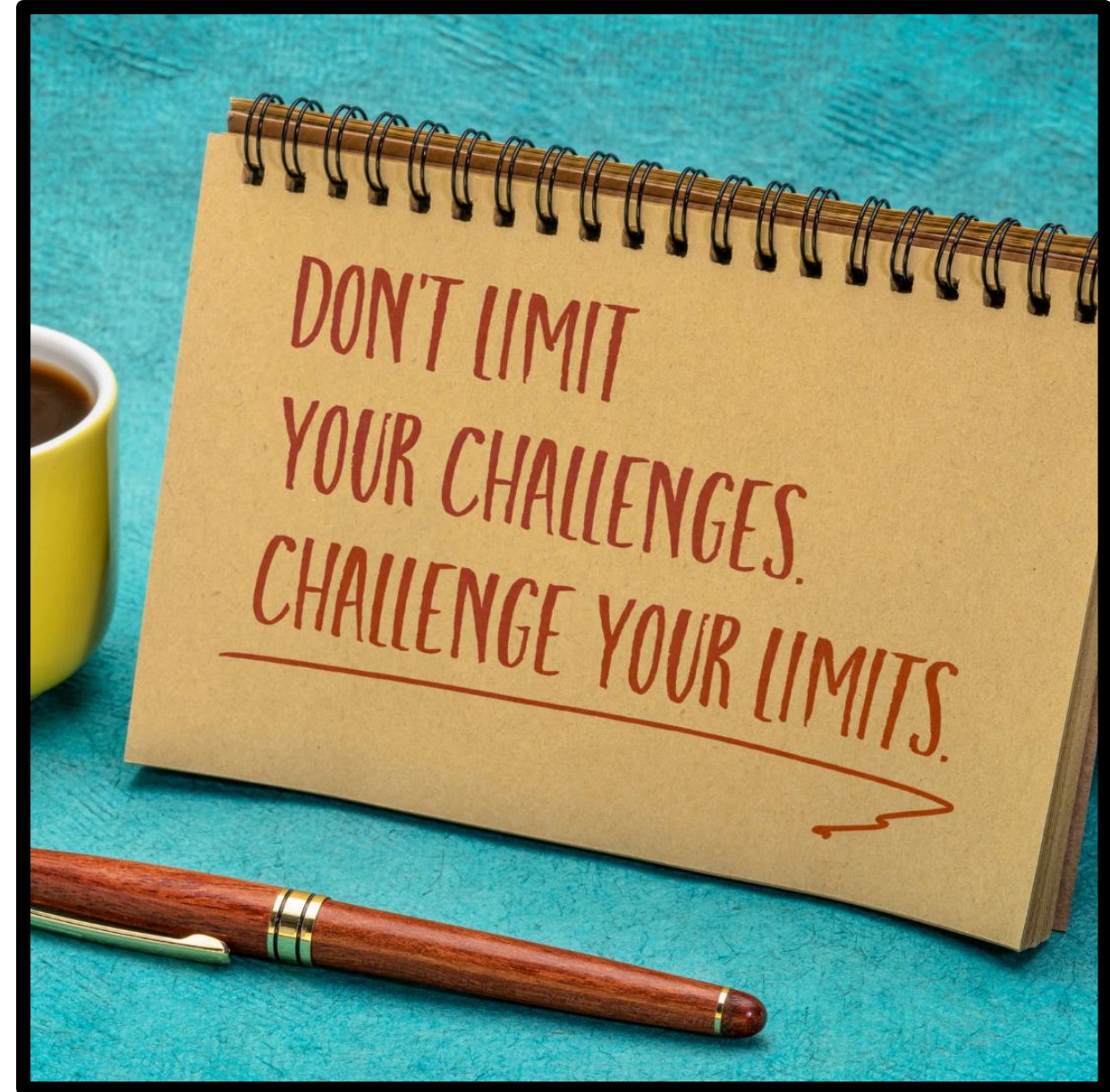
<https://www.merriam-webster.com/dictionary/peaceful>

- **untroubled** by conflict, agitation or commotion
- of or relating to a state or time of **peace**
- **devoid of violence** or force



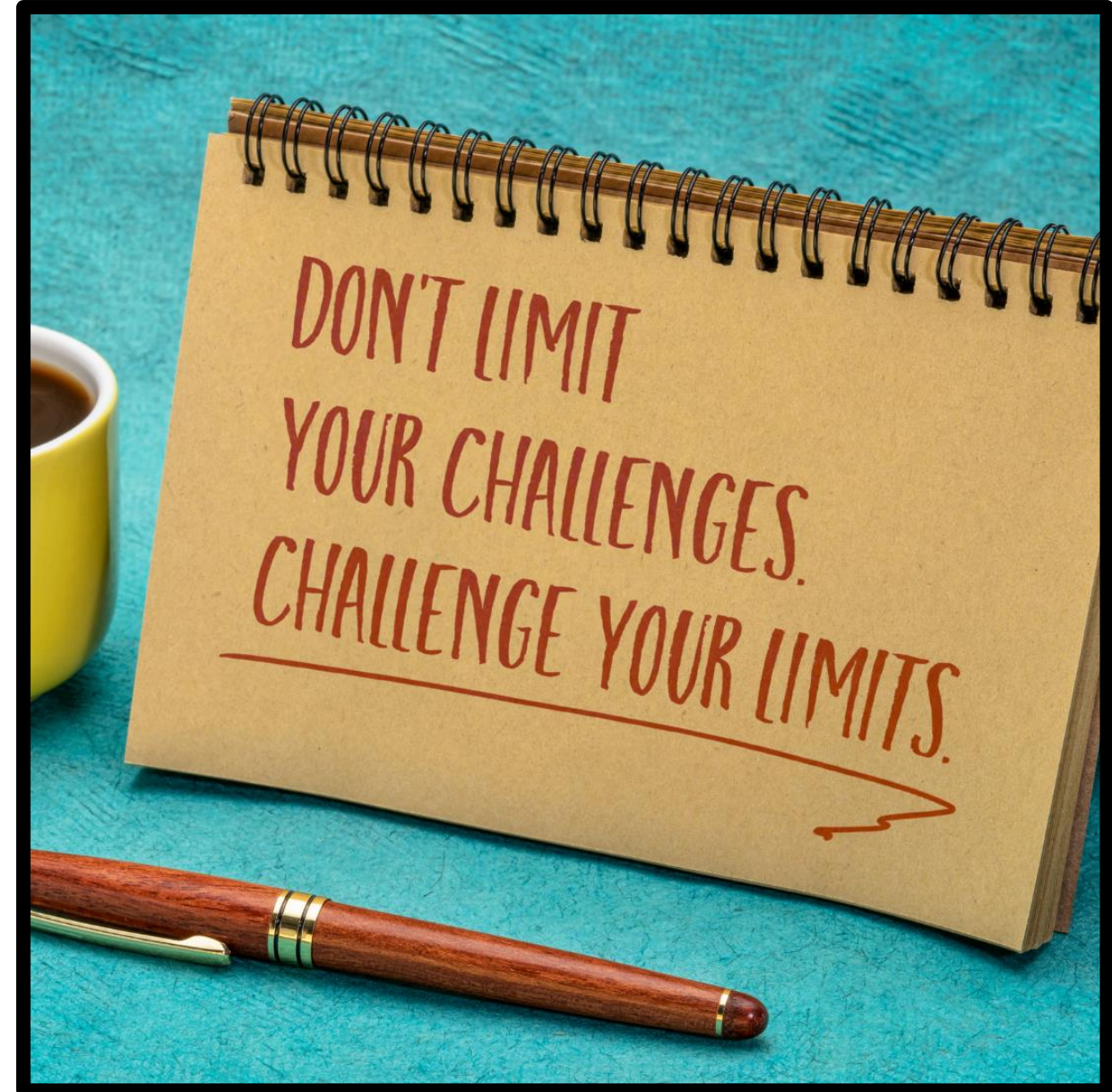
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1. What are [listen to the podcast to fill-in-the-blanks for the first 5 questions]?
2. How does
3. What are
4. How can
5. How do



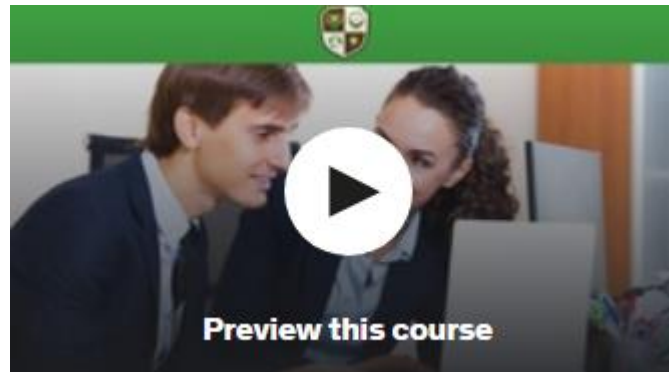
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6. **What are some actions or strategies that you can take or implement to deal with the current situation? How can you prioritize and plan them more effectively?**
7. **What are some obstacles or barriers that you might encounter or face in the current situation? How can you anticipate and prepare for them more proactively?**
8. **What are some emotions or thoughts that you are experiencing or having in the current situation? How can you acknowledge and accept them more positively?**
9. **What are some coping skills or techniques that you can use or practice to manage your emotions or thoughts in the current situation?**
10. **What are some supports or sources of help that you can seek or receive in the current situation?**



Take Empowered Meaning a step further. Learn more about [Professional Life Coaching](#).

- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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In Life

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Free Training

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