

PODCAST



with Louise Anne Maurice

***HOW***

***TO COACH***

***PESSIMISTIC***

***PEOPLE***

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# Optimism Definition [LouiseAnneMaurice.Com](http://LouiseAnneMaurice.Com)

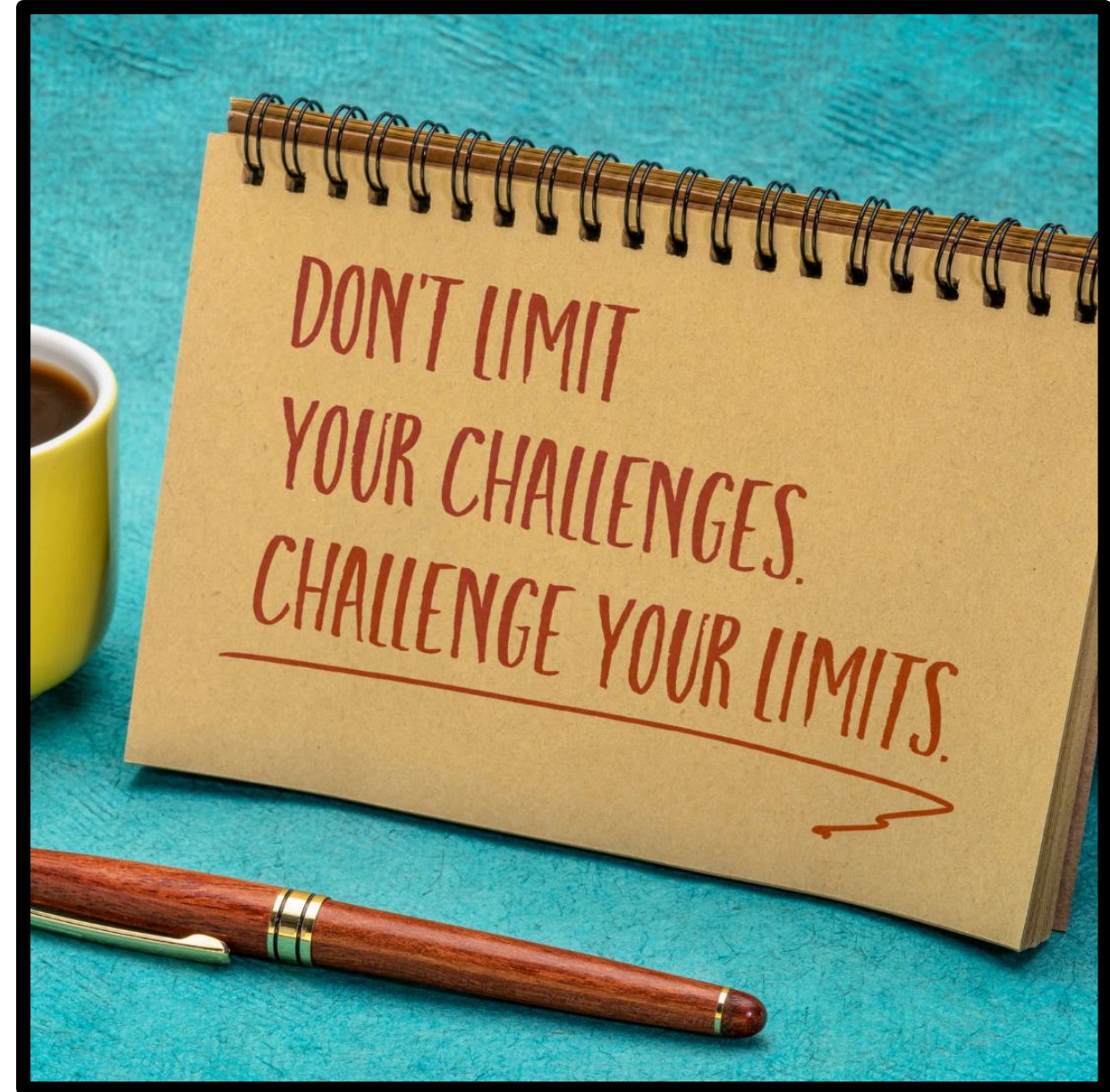
<https://www.merriam-webster.com/dictionary/optimism>

- a doctrine that this world is the **best possible** world.
- an inclination to put the **most favorable** construction upon actions and events or to **anticipate the best possible outcome**.



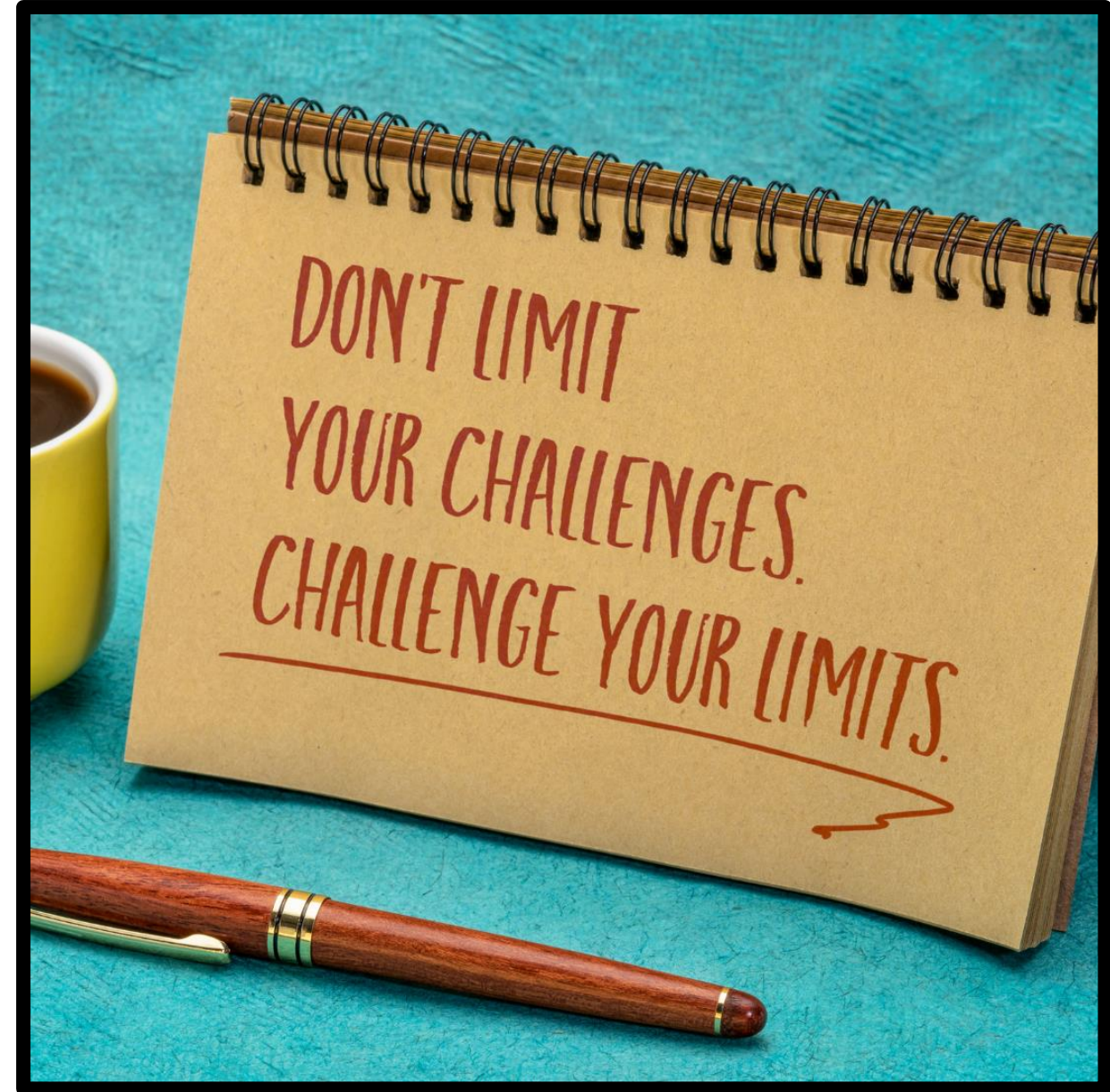
# Coaching Pessimistic People [LouiseAnneMaurice.Com](http://LouiseAnneMaurice.Com)

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



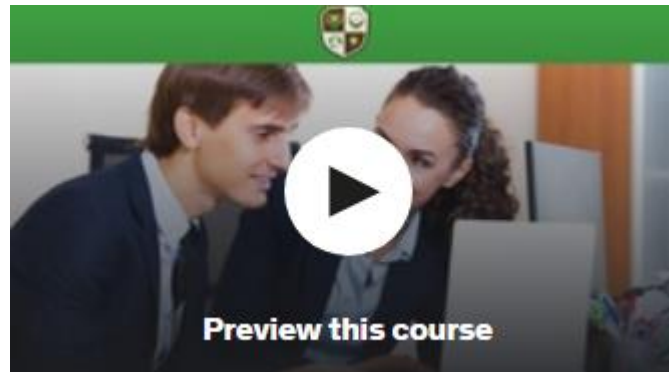
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6. **What are some obstacles or barriers that you might encounter or face in the current situation? How can you anticipate and prepare for them more proactively?**
7. **What are some emotions or thoughts that you are experiencing or having in the current situation? How can you acknowledge and accept them more positively?**
8. **What are some coping skills or techniques that you can use or practice to manage your emotions or thoughts in the current situation? How can you incorporate them into your daily routine more consistently?**
9. **What are some supports or sources of help that you can seek or receive in the current situation? How can you reach out to them or ask for them more confidently?**
10. **What are some ways or practices that you have or can adopt to cultivate optimism in your daily life? How can you make them a habit more easily?**



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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# Learn with Louise

## LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

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Empowerment Expert

LOUISE ANNE MAURICE

### In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

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