

00:00:03.250 --> 00:00:06.279

Lisa Christoffel - Christoffel Copywriting and Coaching: Hi, and welcome. I'm Coach Lisa.

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00:00:06.500 --> 00:00:14.499

Lisa Christoffel - Christoffel Copywriting and Coaching: Since you're watching this video, I'm going to guess that you have things you want to accomplish that you haven't yet been able to do. Or maybe you have a problem you're trying to fix.

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00:00:14.750 --> 00:00:17.740

Lisa Christoffel - Christoffel Copywriting and Coaching: and you're wondering if a coach might be able to help you.

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00:00:18.260 --> 00:00:25.679

Lisa Christoffel - Christoffel Copywriting and Coaching: I honestly think everyone can use a coach. I use a coach. I've used a coach for a number of years, and I'm going to tell you why, in just a second.

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00:00:26.130 --> 00:00:35.570

Lisa Christoffel - Christoffel Copywriting and Coaching: But if you already know that you want to work with coach, I'm guessing that your next biggest question likely is, is she the right coach to help me get where I want to go.

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00:00:35.720 --> 00:00:37.920

Lisa Christoffel - Christoffel Copywriting and Coaching: and I'll answer both of those questions.

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00:00:38.620 --> 00:00:40.750

Lisa Christoffel - Christoffel Copywriting and Coaching: Let's start with why, a coach.

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00:00:40.890 --> 00:00:43.219

Lisa Christoffel - Christoffel Copywriting and Coaching: and then we'll go to. Why this coach

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00:00:43.908 --> 00:01:04.489

Lisa Christoffel - Christoffel Copywriting and Coaching: coaches give you the support you need to achieve your goals sometimes. That support is in the form of clarity and planning and implementation. So you have something that you want to do. But you're not exactly sure how to do it. A coach coach helps you reach clarity. They help you plan what you want to do, and they help you. They support you on the implementation.

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00:01:04.810 --> 00:01:07.439

Lisa Christoffel - Christoffel Copywriting and Coaching: Sometimes there's actually a step before that.

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00:01:07.867 --> 00:01:20.510

Lisa Christoffel - Christoffel Copywriting and Coaching: Sometimes you need some mindset adjustments to aid you in making any changes. You need to hit your goals. Maybe you kind of already know what you need to do. But you're just not taking those actions, and you can't figure out why not?

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00:01:21.260 --> 00:01:28.820

Lisa Christoffel - Christoffel Copywriting and Coaching: And sometimes a coach acts like an accountability partner. They help you establish the habits and routines that lead to your success.

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00:01:29.720 --> 00:01:41.080

Lisa Christoffel - Christoffel Copywriting and Coaching: Coaches, good coaches at least help. You see the things in yourself that you don't, and they help you find your strengths shore up where you have any gaps, and they provide a roadmap for you.

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00:01:41.640 --> 00:01:43.890

Lisa Christoffel - Christoffel Copywriting and Coaching: Now let's get to why, me

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00:01:44.373 --> 00:01:55.310

Lisa Christoffel - Christoffel Copywriting and Coaching: well, I can't say with a hundred percent certainty that I am the right coach for every person watching this video, there's more to a coaching relationship than just does the coach have the right skills.

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00:01:55.810 --> 00:02:03.519

Lisa Christoffel - Christoffel Copywriting and Coaching: But let me lay that part to rest at least. I have a pretty wide range of experiences and skills.

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00:02:03.988 --> 00:02:13.200

Lisa Christoffel - Christoffel Copywriting and Coaching: Meaning that most of the time. I do have the background and understanding to help you solve whatever problem you're facing or achieve whatever goal you're striving for.

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00:02:13.480 --> 00:02:22.939

Lisa Christoffel - Christoffel Copywriting and Coaching: I've managed global operations for a fortune. 500 company. I've had employees all over the world. I've run my own marketing and copywriting business

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00:02:23.160 --> 00:02:30.829

Lisa Christoffel - Christoffel Copywriting and Coaching: and I've coached dozens of local business owners here in my own hometown to either start or grow their businesses.

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00:02:31.950 --> 00:02:56.849

Lisa Christoffel - Christoffel Copywriting and Coaching: and where I've identified gaps in my knowledge, I've actively sought to close them. So I have a business coaching certification. Despite the fact that I have a pretty significant international business background. I wanted to

be absolutely sure that there was nothing I was missing in being able to help coach business owners and business leaders in growing their businesses and fixing any problems.

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00:02:57.030 --> 00:03:03.469

Lisa Christoffel - Christoffel Copywriting and Coaching: I also have a tiny habits, coaching certification, and a mindvalley hypnotherapy certification.

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00:03:03.600 --> 00:03:10.080

Lisa Christoffel - Christoffel Copywriting and Coaching: And I acquired those skills because I found that with my clients who are mostly women in leadership.

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00:03:10.850 --> 00:03:28.240

Lisa Christoffel - Christoffel Copywriting and Coaching: Often they're super busy, that's probably you. And they struggle to fit in behavior changes. So working with tiny habits can really help those, or they're very capable. But they've got some self sabotaging, like programs running in their subconscious

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00:03:28.510 --> 00:03:33.209

Lisa Christoffel - Christoffel Copywriting and Coaching: hypnotherapy and habit strategies address both of those concerns.

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00:03:34.000 --> 00:03:54.930

Lisa Christoffel - Christoffel Copywriting and Coaching: If you do decide to reach out to me, I can assure you I'm likely to have the skill set and knowledge to help you, but if I don't, or if the partnership doesn't feel like a good fit, because coaching really is a lot of not just skill set, but a lot of feel. Does this feel like the right relationship?

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00:03:55.350 --> 00:03:59.290

Lisa Christoffel - Christoffel Copywriting and Coaching: I'll do my best to see if there's someone in my network who might be a better fit for you

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00:03:59.870 --> 00:04:13.439

Lisa Christoffel - Christoffel Copywriting and Coaching: at the end of the day. You're only served. If you've got a coach that you can trust to help you get the results you're looking for. If you think that might be me, please click on the work with me, Button, to set up an exploratory call, and we can find out. Thanks.