



Coaching Quick Fact Sheet

This coaching quick fact sheet will provide you with some basic information to help you better understand coaching and the amazing benefits of working with a professional coach such as Bradley Davidson.

What are the benefits of working with Bradley as your coach?

Working with a Bradley, you will be able to:

- Identify what you really want and need in life, design a plan to achieve it, and execute that plan to create the abundant life, business, and/or relationships you want and need.
- Stay focused on what's important to you and/or your business and take the right actions/make the right decisions as a result of that focus.
- Simplify your life; creating more time and energy for the parts of your life that are most important to you.
- Live a balanced life; creating a life that is spiritually, physically, mentally, and financially strong and fulfilling.

What can I work on with Bradley?

In your coaching sessions, you can work on anything that is important to you: your personal goals/ambitions, your work/career, your relationships/family/friends, your finances. Anything that is important to you can benefit from working with Bradley Davidson, your coach.

How does the coaching process work?

Coaching works by engaging a coach who brings out your very best. A great coach, such as Bradley Davidson, will challenge you to answer important questions about what you want, why you want it, how to get it, and what's standing in your way. He will help you identify the gaps between where you are and where you want to be. He will support you in creating a plan to get there. He will provide resources and hold you accountable for making it happen. In short, Bradley is your partner through each step of your path, calling out your very best and not letting you off the hook for achieving your greatness.

I'm ready to take advantage of these amazing benefits. What do I do next?

There are several things you should do to prepare yourself for coaching and to schedule your complimentary coaching session. Ask yourself:

- "What is the most important thing I want to work on with my coach? What is my priority right now?"
- "How will I know when I have achieved this goal?"
- "Why is this important to me?"
- "What is standing in my way?"
- "What can Bradley do to help me achieve this goal?"

Email your answers to these questions to Bradley Davidson at Bradley.Davidson@liveandworkonpurpose.com. In the email, request your complimentary coaching session. Someone will get back with you shortly to schedule your free session.