

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Which Coach Fits You?

By Cathy Goodwin, Ph.D.

Which Coach Fits You? by Cathy Goodwin, Ph.D.

Karen hired a "mentor" coach to help her business grow. The coach applauded Karen's efforts to design her website. On a slow week, the coach said, "Clear clutter and learn to dance."
After three months, Karen had a big coaching bill, a multicolored website, an empty house and a sad little business. Karen wasn't uncoachable. She chose the wrong coach.

For instance, Western medicine treats the body as a machine to be repaired; Chinese medicine believes sickness is caused by imbalance that can be corrected by herbs and diet.

Both models have limits. If you break your leg, the Western model makes most sense; if you suffer from insomnia, you might favor the Chinese model.

John's business is hitting a rough patch. Coach X says, "Clear your life of clutter energizing–draining relationships." Coach Y says, "I will teach you mental techniques to attract new business." Coach Z says, "Maybe your business does not reflect your life purpose." Coach Q offers, "I will teach you networking and sales techniques."

Only John knows what he needs. If your website needs an overhaul, you can clear clutter till your house is bare and nothing will happen. But if everyday hassles are draining your energies, you can't focus clearly on the website.

Let's compare four best–selling books. Cheryl Richardson's *Take Time for Your Life* exemplifies the "life space" model: people know what they want and how to get there; they grow by self–care and personal empowerment. Choose Coach X.

Lynn Grabhorn's *Excuse Me Your Life is waiting*, suggests that people will achieve goals when they focus clearly on what they want. Her techniques can help people change their thinking and feeling styles. Choose Coach Y.

Martha Beck's book, *Finding your own true north*, argues that finding your essential self will bring fulfillment. Choose Coach Z.

Finally, a business book like Michael Gerber's *E–Myth* series or Jay Levinson's *Guerilla Marketing* will assume you are perfectly capable of applying sound sales techniques once you learn what they are.

Yes — that's Coach Q.

The key is to be very clear on what you want and to decode what the coach offers before you commit to long–term relationships. Karen got Coach X when she needed Coach Q

Read what the coach has written. Ask if you can buy an hour or two of consultation. Ask directly, "What

Which Coach Fits You?

types of people do you believe you can help — and why?"

You don't have to be friends with your coach. You don't have to eat lunch together or trade birthday gifts. But the coach's model of human nature has to fit who you are.

Cathy Goodwin, Ph.D. author, career coach, speaker
Career Freedom: Your survival strategy for the new millennium
<http://www.movinglady.com/coaching.html>
Career Freedom Ezine
<mailto:subscribe@movinglady.com>

Lowering The Risk Of High School Football Injuries

By Jonathon Hardcastle

Football is a dangerous sport. Players endure bruising contact, long practices in hot weather and all sorts of unusual stresses and strains on their muscles, ligaments and tendons. It is not possible to prevent injuries in the game of football and for this reason many parents are hesitant to allow their children to participate. But the risk of injury can be minimized with cooperation between parents, doctors and coaches.

When your child comes to you and asks to try out for football, your answer should always be contingent on the results of a full medical checkup. Be sure that the doctor knows that it is a sports physical so that he or she can check for the appropriate things like joint flexibility and heart health. After your child is cleared medically, then you can move on to investigating the program and learning what safety measures are provided.

One of the most important facets of avoiding injury in any sport is maintaining proper conditioning through exercise and good nutrition. Ask your child's potential coach how conditioning is handled. Year-round conditioning is ideal, but barring that, children should participate in appropriate conditioning programs for at least six weeks prior to the beginning of regular practices. Ask whether the coach is responsible for conditioning or if the program has a trainer that works with children.

Dehydration is a critical issue among football players since practices typically occur outdoors during the hottest part of the summer. Ask the coach what measures are taken to prevent dehydration. Know that fluid breaks should be taken about every 45 minutes and players should be allowed to drink all they want in order to keep properly hydrated. Also ask whether the coach, trainers or other personnel are certified in CPR.

Wearing protective equipment is a given, but you need to work with the coach to ensure that it fits properly. Whether or not the program requires it, your child should wear a mouth guard. Mouth guards are instrumental in preventing dental injuries and can protect against jaw and certain types of head injuries as well.

Ask what medical staff will be on hand during practices and games should an injury occur. To prepare for the worst-case scenario, consider giving the coach or trainer an emergency health care authorization letter. This letter will allow your child to be transported and treated at a hospital even if you are not there to give permission.

Which Coach Fits You?

Jonathon Hardcastle writes articles for

– In addition, Jonathon also writes

articles for

and



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!