

OUTDOOR LIFECOACHING CHEATSHEET

MAXIMIZE YOUR CLIENTS RESULTS WITH 3 QUESTIONS

GOING OUTSIDE IN NATURE WITH YOUR CLIENTS WILL INSTANTLY LEAD TO FASTER, LONGLASTING AND PROFOUND RESULTS FOR YOUR CLIENTS.

THIS IS WHY:

- Nature has a strong relaxing and grounding influence on both body and mind.
- As a coach you will be more creative, intuitive and deeply connected with your clients.
- Using nature's elements will lead more quickly to deep insights for your clients.
- Your clients will experience a deep state of emotions instantly.
- Mind, body and emotions are connected by walking and talking simultaneously.

THE **3** OUTDOOR LIFECOACHING QUESTIONS TO USE NATURE AS REFLECTION

For an easy start to apply outdoor lifecoaching, go outside and use the 3 basic questions.

1. Look around. What do you see or what attracts your attention?
2. What does this mean or symbolizes?
3. How do you feel about that?