

COACHING AUTHORITY



RESOURCE CHEAT SHEET

Although there is a great deal of information in this eBook, including everything that you need to know to get started with your own coaching business, there is an entire library of information on the internet.

You should definitely do as much research as you can before you start your business because the more you know about your particular topic and about coaching in general, the more confident you are going to be, and the more tools you will have to help your clients.

This cheat sheet of resources will give you some great information about coaching on the web in a variety of categories. Read as much as you'd like in between sessions and you'll find yourself becoming a better coach because of it.

Resources to Help You Become More Confident

This is a list of some of the helpful websites and blogs that are out there to help you become more confident as a person and as a coach. Some of them are simply common sense, but many are backed up by actual science and have been used by some of the top leaders in the world today. Having confidence is a hugely important part of becoming a life coach, and it is almost impossible to become a coach without a great deal of confidence in yourself.

[ZenHabits](#) : Zen Habits is a great website and resource started by Leo Babauta, which uses the wisdom of Zen to help you change your life and become more confident.

[Entrepreneur.com](#): A huge resource for everything about starting your own business, including the linked article on confidence.

[HuffPost Article on Confidence](#): The Huffington Post is a great resource for news and opinion, and occasionally, they have great how-to articles like

this one on having more confidence.

[Success.com](#): This is an article on how to become a more confident person, but the website in general is a great resource for all kinds of success advice.

[Personal Excellence Article](#): This is a great blog that has posts on just about every aspect of self-improvement, and this article is a terrific one for helping you feel better about yourself and create the kind of confidence that you need to be a coach.

Life Coaching Blogs You Can Learn From

[TinyBuddha](#)

This is a blog that was founded by Lori Deschene and uses the principles of Buddhism to provide tips on wisdom, motivation, success and happiness and how to simply live a better life.

[The Change Blog](#)

Peter Clemens details his methods for life change and for reaching your goals and become fulfilled and happy in The Change Blog.

[Positivity Blog](#)

If you need a dose of positivity, Henrik Edberg has a great blog that teaches you how to become more confident in yourself, more motivated and all-in-all, happier.

[Deva Coaching](#)

Deva Coaching is great because it doesn't allow you to be lackadaisical about change. If you read this blog, you'll want to change right now, starting that very day. This can be a very good thing.

[Happiness Project](#)

Gretchen Ruben went on a mission to find happiness for herself, and after she understood how to get it, she started the Happiness Project to show everyone else how to have it as well.

[Advanced Life Skills](#)

This blog was created by Jonathan Wells and it will not only allow you to have a much richer life, it will give you lots and lots of tips to help you with your own coaching as well.

[The School of Life](#)

There's the school of hard-knocks, the school of cool and a bunch of other metaphorical places of learning. But this is the only one that is going to help you become fulfilled and happier. Join Principle Srinivas Rao as he teaches class in The School of Life

[17000 Days](#)

The blog 17,000 days (just over 45 years) reminds you that life is short and you should make each day count. Join Cara Stein as she gives you tools to help your own coaching clients.

Articles to Help You Become a Better Life (or Whatever) Coach

A list of [over 100 questions](#) that you can ask your clients when they complete a coaching session.

Help avoiding the [pitfalls of life coaches](#) that are not able to make a go of it and end up failing.

Some [important things that you really need to know](#) before you decide to quit your job and start your own coaching business.

Miscellaneous

Forbes article on [how to become part of the growing contingent of life coaches](#) that have become extremely wealthy thanks to their coaching efforts.

Video Resources

Tips on [becoming a life coach](#) from one of the successful life coaches of today.

Every part of the process of [becoming a life coach](#) revealed in one video.

A twenty minute video that shows you the [most important traits](#) that you can have as a life coach.

A short video about a [day in the life](#) of a weight loss coach.

A video [session of weight loss coaching](#) using hypnosis.

An hour long video that gives you a [question-and-answer session](#) with a successful career coach that was created by the Alumni of Stanford University.

Check Out the Top Fifteen Life Coaches

Christian Mickelson

Secret of Success: Free Sessions that Sell

Website: www.freesessionsthat sell.com

Susan James

Secret of Success: Clearing Limiting Beliefs

Website: www.selfdiscoverytechniques.com

Esther Hicks

Secret of Success: Getting into the Vortex

Website: www.abraham-hicks.com

Bob Doyle

Secret of Success: EFT

Website: www.wealthbeyondreason.com

Cheri Huber

Secret of Success: Meditation

Website: www.cherihuber.com

Bob Proctor

Secret of Success: Visualization

Website: www.bobproctor.com

Harv Eker

Secret of Success: Financial Blueprint

Website: www.harveker.com

Monique Gallagher

Secret of Success: Clearing “Blockers”

Website: www.ctcoach.com

Anthony Robbins

Secret of Success: NLP

Website: www.anthonyrobbins.com

John Assaraf

Secret of Success: Neuro Reconditioning

Website: www.johnassaraf.com

Brian Tracy

Secret of Success: The Science of Self Confidence

Website: www.briantracy.com

Jim Britt

Secret of Success: The Power of Letting Go

Website: www.jimbritt.com

Terri Levine

Secret of Success: Leverage Client Relationships

Website: www.terrilevine.com

Milana Leshinsky

Secret of Success: Multiple Income Streams

Website: www.milana.com

James Ray

Secret of Success: Law of Reversal

Website: jamesray.com