



# LIFE COACHING

*Active Personal Growth and Development*



LIFE  
IS NOT ABOUT  
FINDING  
YOURSELF.

LIFE  
IS ABOUT  
CREATING  
YOURSELF.

Life Coaching is about creating yourself. Professional life coaches are specially trained to assist people in creating goals and achieving results both personally and professionally to create a happy and sustainable future.

Life coaching is a process to grow, improve and make good decisions for your future. It can take the form of personal growth and development or professional development. A coach is someone who is trained to help you reach your goals and full potential!

## WHAT IT IS NOT

Life coaching is not mental health counseling or therapy but some mental health counselors offer life coaching services. Just remember that mental health counseling and life coaching are very different services.

## HOW CAN IT HELP MY LEGAL CASE?

People using legal services, particularly in family law, may benefit from having someone help them identify and reach goals. It is common for clients to not know what their personal or professional goals are. This can sometimes make setting goals in family law cases more difficult.

For example, in the case of divorce, one spouse may need some special training or education to

get back to a prior career or maybe someone has a goal to change careers or relocate out of the area. These are often important decisions that can affect a family law case but they require thoughtful advanced planning.

Another example is that litigants in a family law case can become highly anxious over a sudden changes in their circumstances. This is natural, but it can cause people to react to events instead of making thoughtful and tactical decisions based on their future goals. The result might be making a choice in the legal case that seems perfectly fine for the short-term, but when they later create understand their long-term goals, the choices may not have been the best they could have made.

## RESULTS

The decisions you make today can substantially affect your future. Sometimes the decisions may impact you for years, decades or even the rest of your life. Going through a difficult time is precisely the time a life coach can help! They can help you see and set positive goals for you and those that matter most.

If you are ready to make positive changes for yourself and family, now may be the perfect opportunity. Please take some time to investigate Life Coaching and review the entire Pursue Happiness program.

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Pursue Happiness™ is a program from InFocus Family Law Firm to assist you in using family law legal services effectively. We feel the best decisions are made when people are prepared, informed and future focused.



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[InFocusFamilyLaw.com/PursueHappiness](http://InFocusFamilyLaw.com/PursueHappiness)