

Laser Mini-Coaching Topics



Health & Fitness

Diet, habits, exercise, weight management, healthy eating, quitting a harmful habit, motivation.

Relationships—Personal and/or Professional

Resolving conflict, setting healthy boundaries, promoting harmony, forgiveness, self-confidence with others, bridging a generation gap.

Career & Business

Goals and ambitions, career advancement, job satisfaction, Success Principles for excellence, starting a business.

Mental & Emotional Health

Stress regulation, easing worry and anxiety, developing mindfulness, mental positivity, emotional well being. Reducing fear.

Surviving Loss

Coping with loss—the loss of a loved one or the ending of a relationship. Grieve, honour, accept and move forward.

Goal Achievement & Your Brain

Activate your brains natural ability and fundamental role to assist in goal achievement—in any area —sports, academics, career, lifestyle, weight loss, finances or finding the love of your love.

Time Management

Cultivating order, prioritizing, delegation, freeing up time, overcoming procrastination.

Life Purpose & Passion

Identifying your life purpose gets you on track for the success that brings fulfillment. Knowing your passions helps you develop a clear criteria for making important life decisions. Wondering “What’s next?”

A Coaching Topic of Your Choice

