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### **Life Coaching Activities And Powerful**

It is completely normal  
to feel stuck in your  
career. Rather than  
viewing this as an

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obstacle, use it as an opportunity to learn and grow as a professional.

### **33 Powerful Coaching Questions To Get Unstuck And Take Action In Your Career**

During the first week, I asked our three ladies and viewers to ask themselves, “What do you want?”, “Why do you want it?” and “What will you have to

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change to get it?" Now,  
these next questions  
are ...

**Life coach shares 3  
questions to ask  
yourself this week**

I have used SoulCycle's  
At-Home spin bike  
pretty much daily for  
six weeks now, and the  
only flaw I can find in it  
is myself. There's a  
bright, crisp, 21.5-inch  
high-resolution  
touchscreen on this  
bike

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**I've Fallen for the  
SoulCycle At Home  
Bike and All the Life-  
Coach Speak That  
Comes With It**

Amid all your responsibilities, activities and projects, it's sometimes hard to see the big picture and easy to become overwhelmed or feel like you're lacking direction. That's where a life coach ...



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**Getting 'unstuck':  
Does your life need  
a coach?**

Keller, recently opened a movement coaching business, WalkTalkCoach in Olympia that combines her love of walking outdoors with her mission to help people advance through life's challenges, including ...

**Olympia  
WalkTalkCoach  
Offers Life Coaching**

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**to Manage Personal  
Challenges and  
COVID-19 Stress**

Life coach Charlotte  
Ferrier has unveiled  
two powerful new 1-1  
transformation  
programmes, designed  
to enable people to  
finally let go of their  
limiting beliefs and  
unlock their lives. As a  
...

**Life Coach Charlotte  
Ferrier Unveils Two  
Powerful New**

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**Programmes For  
People Ready To  
Transform Their Life**

By Tom Collins tom@  
Sharon Huggard is a  
Style Coach based in  
West Cork. "It has been  
over an entire year in  
your comfortable  
leggings and sweats  
and the novelty has  
worn ...

**LIFE AFTER COVID:  
How to break up  
with your leggings  
and switch back to**

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**office wear**

Syracuse softball has seen a dozen players depart over the past two seasons as a result of a series of abuses alleged against head coach Shannon Doepking.

**Former SU softball players allege abuses by head coach Shannon Doepking**

Assistant coach Aron Velde has been named

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the new head football coach for the Perham Yellowjackets, the Perham Activities Department announced Wednesday, April 28. Velde is no stranger to the area. He ...

**For new Perham football coach, the game teaches a lot**  
His ethos (and work as a coach) is all about getting young and African American

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cyclists in the saddle.  
As someone who was introduced to the sport late in life, Carter has accomplished a lot in his ...

## **Blazing Saddles (and Trails): How One Coach Is Welcoming a New Generation of Cyclists**

"I just had to put my virtual activities ... coaching approaches so this past year has been a bit of a

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laboratory to try different ideas. His work contributing to organizational agility in the ...

### **What Does the Future Hold for Agile Coaches and Trainers?**

Kelsey Harriman grew up in a home without alcohol. She had her first drink at age 19 when she moved in with her boyfriend and his parents. It was a

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small event that  
overtook her life. "They  
asked me ...

### **Drinking has spiked as anxiety and depression peak at home**

At a panel about  
football and mental  
health on Saturday,  
accomplished football  
figures from Rock Hill  
shared deeply personal  
stories. Watching the  
talk is well worth your  
time.



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**Talk on mental health shows Rock Hill's football heroes are human. And that's powerful**

It's the "dirty secret of life, at least in business ... Unlimited one-on-one virtual coaching and access to resources such as activities, exercises and reading material to aid in professional ...

**BetterUp CEO — and**

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**Prince Harry's new boss — on launching a coaching start-up: 'I wasn't managing my own psychology'**

Orlando Antigua was only 5 years old when he cautiously took the first baby steps on what has been a fascinating journey that has taken him around the world a dozen times.

**Shot at 15, homeless at 17; Orlando**

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**Antigua's  
fascinating life story**

"It's been a powerful way ... re living a selfish life," he said.

"This is my career, (but) I could do this for free because it's so helpful for me." Sober coach Tammy Dubin agreed ...

**Drug recovery app offers free coaching to minorities in Ohio**

This blast from the past is not only

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powerful, it also looks good as it draws upon a rich heritage for its design. The Stoeger Coach's design is based on the "Old West" style of double ...

### **Stoeger Coach: An Old West Shotgun Brought Back to Life**

Coaching the offensive line has been Price's specialty. Coaching anything has been his life-long passion ...

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Mater Dei The lines are big, powerful and mobile. The running backs are fast ...

**Column: Across seven decades of coaching, Ron Price's longevity will be tough to eclipse**

CLOUD — Matt Meyer has stepped down as the Cathedral boys basketball head coach, according to Cathedral activities and athletic ... at Cathedral most of

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my life as a sibling,  
student...

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