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WHERE DOES ANXIETY COME FROM?

A person with long hair, wearing a striped shirt, is sitting at a desk in front of a large window. They are looking out the window at a lush green landscape with trees. The desk has some papers and a small potted plant. The text 'WHERE DOES ANXIETY COME FROM?' is overlaid on the image in large, bold, blue and red letters.

WHERE DOES ANXIETY COME FROM? COACHING QUESTIONS DEVELOPED BY LOUISE ANNE MAURICE

- Look at the image on the next page and answer the following questions:
- In the past, when have you gone against “authority” rules and been harshly punished?
- What was the activity that you engaged in? Did you speak your truth?
- What was the punishment? Did you get criticized? Did you get humiliated?
- Do you hold yourself back from engaging in that behavior today?
- What happens to you physically when you try to speak up?



WHERE DOES ANXIETY COME FROM? COACHING QUESTIONS DEVELOPED BY LOUISE ANNE MAURICE

- Look at the image on the next page and answer the following questions:
- In the past, when have you made a mistake and been harshly punished?
- What was the mistake? Were you learning a new skill? Were you trying to be independent?
- What was the punishment? Did you get criticized? Did you get humiliated?
- Do you hold yourself back from trying to learn new skills or be independent today?
- What happens to you physically when you make a mistake?

SUBSCRIBE TO LOUISE ANNE MAURICE'S CHANNEL ON YOUTUBE SO YOU ARE NOTIFIED WHEN A NEW COACHING TRAINING VIDEO AND FREE COACHING QUESTIONS PDF IS ADDED



SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING COACHING TECHNIQUES AND HANDS-ON ACTIVITIES

CONFIDENCE COACHING CERTIFICATION

Course content

16 sections • 143 lectures • 10h 45m total length

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^	Confidence Coaching GET RESULTS Session 1	14 lectures • 1hr 19min
▶	Confidence Coaching Welcome	Preview 02:47
🔔	Quiz	1 question
▶	Confidence Coaching Statistics	04:35
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▶	Confidence Coaching 1 Intro	03:25
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▶	Confidence Coaching 1 Step 4	04:28
▶	Confidence Coaching 1 Step 5	05:11
▶	Confidence Coaching 1 Practicum	05:09
▶	Certification + FAQ	Preview 18:02
∨	Confidence Coaching GET RESULTS Session 2	10 lectures • 40min
∨	Confidence Coaching GET RESULTS Session 3	10 lectures • 41min
∨	Confidence Coaching GET RESULTS Session 4	10 lectures • 37min

TO-DATE THERE ARE OVER 500 REVIEWS OF THE COURSE

★★★★★ 4 months ago

Great course. Exactly what I have been after and more. I would like to say that the way Louise the instructor on this course teaches is amazing.

The information that she relays in a way that is easy and interesting to absorb.

The reason I have invested in this course is because I have done various Coaching courses and NLP courses in the past and I have never been able to put together a structure that is proven to get results, I have had a block and really had information overload.

And this is what has held me back from really taking on a career as a coach.

As I continue to work through this course I am of the belief that at last I have something that I can work with and at last start my career as a Coach.

The way that I am learning this course course is

1) Going through all the lessons to see what is in the content.

2) Go through the lessons again and this time to coach myself with the strategies etc, so I can see how it works. 3) Go through the lessons again, this time so that I am taking all the notes required and creating the template and structure to use with clients.

And 4) Hopefully get out there do the field work as my goal is to do this professionally as an online Confidence Coach. Thank you Louise this course is Fantastic and greatly appreciated.

★★★★★ 5 months ago

I love Louise Anne Maurice - simplistic yet complex agendas with clients made easy!! I would highly recommend for any coach that wants to add some more tools to their kit!

Frequently Bought Together



Confidence Coaching Certification CGRCC Confidence Coaching

Get Results Coach Academy, Louise Anne Maurice

3.9 ★★★★★ (526)



Stress Management Coaching Certification CGRSC Stress Coach

Get Results Coach Academy, Louise Anne Maurice

4.6 ★★★★★ (761)

Bestseller

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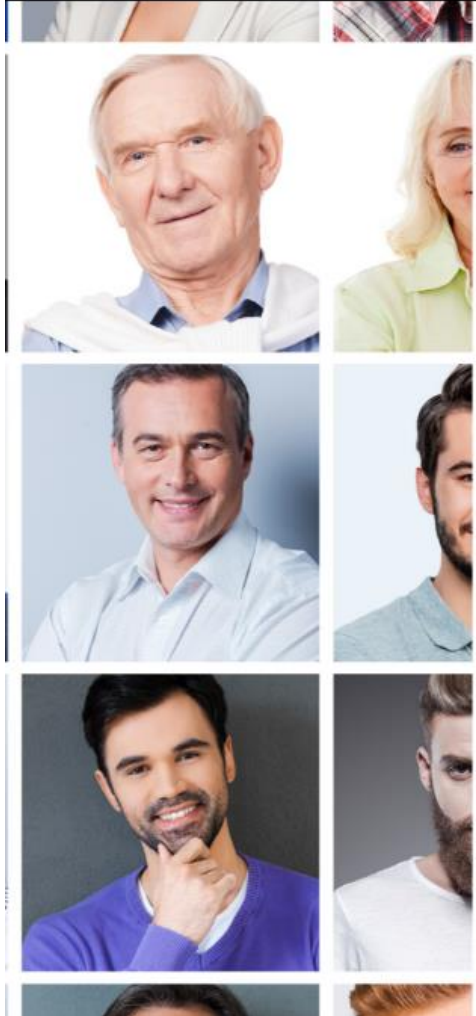
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LOUISE ANNE MAURICE

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Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training



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