



# Transformational Life Coaching: Creating Limitless Opportunities for Yourself and Others

*Dr. Cherie Carter-Scott, Lynn U. Stewart*

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**Transformational Life Coaching: Creating Limitless Opportunities for Yourself and Others** Dr. Cherie Carter-Scott, Lynn U. Stewart

**The definitive rule book for becoming a life coach —  
from the founder of the coaching movement**

Cherie Carter-Scott, Ph.D., is the original life coach. In 1974, she founded the first Coach Training program and since then has written many books, including the #1 *New York Times* bestseller *If Life Is a Game, These Are the Rules: Ten Rules for Being Human*.

Continuing her tradition of teaching others how to become 'brilliant' coaches for themselves and their clients, Dr. Carter-Scott's latest book reveals the strategies she uses with hundreds of thousands of clients worldwide with astonishing success.

For more than thirty years, Dr. Carter-Scott and her business partner, Lynn U. Stewart, have been training people to become life coaches through their organization, Motivation Management Service (the MMS Institute), a network of executive coaches, consultants, and trainers. Now, in this inspirational guidebook, you will learn the strategies that students of the MMS Institute receive, as well as the necessary tools of transformational life coaching, including:

The Checklist for a 'Brilliant' Session

The importance of acknowledging, integrating, and honoring feelings

Listening to messages to guide the process

Use of flow, energy, and chakras in the coaching process

How to transform old negative patterns into positive imprints

How to market and build your coaching practice

## The Twelve Steps to Living the Process of Transformational Life Coaching

Whether you are a professional coach, are interested in becoming a coach, or use coaching in your work, this is the ultimate coaching bible required for anyone who empowers people.

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