How Coaching through Journaling works

Jaki Wasike-Sihanya Idea to Action Coach www.lifeskills-coaching.com



Design the life you really wo



If you're going to dream, dream big. Remarkable things can happen.

Tools Config Promote Training Actions DashBoard Create a New Profile Your Username: [what other members will see (ie, your name). You CAN use spaces!] Password: Private When you click on the link you [6 to 20 characters: a-z, 0-9 and underscore] come to this page. Fill in the Retype Private Password: form to create your profile Email Address: Private [A confirmation email will be sent] Member Type: Member Create Coach Profile | Resend Email Invite

The following fields are optional. The user will be instructed to complete this form

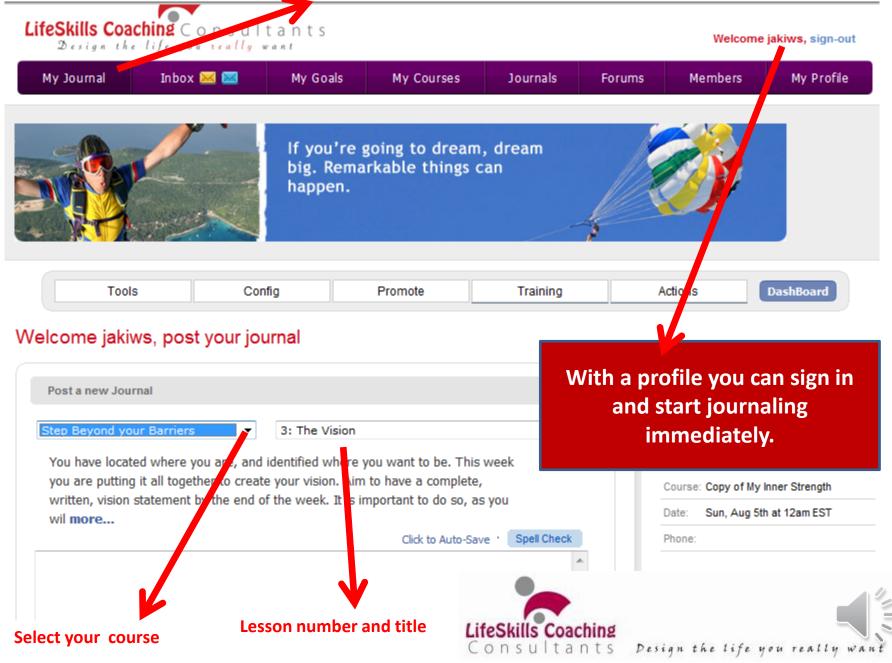




Personal Information

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Your full journal is found here





DashBoard Tools Config Promote Training Actions

Welcome jakiws, post your journal

ost a new Journal			Invite a friend to join lifeskillscoaching
ep Beyond your Barriers	▼ 3: The Vision		
ou have located where	you are, and identified where you want to be. This w	veek	Coming Up
ou are putting it all toge	ther to create your vision. Aim to have a complete,		Course: Copy of My Inner Strength
vritten, vision statement vil more	by the end of the week. It is important to do so, as	you	Date: Sun, Aug 5th at 12am EST
in more	Click to Auto-Save	Spell Check	Phone:
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	Write your journal here.		Friend Requests
Click auto save spell check. S	Write your journal here. e often to keep your work, and Select who can see your journa omment. When done click sul	al, and	Friend Requests Wekesa pop Westlands, Kenya reply to this request
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