

TRINA COACHING

100 TOPICS

TO DISCUSS WITH A LIFE COACH

- Learn time management & define your focus
- Learn to treat yourself with kindness
- Improve your productivity
- Examine if your life decisions align with your values
- Acquire skills - for life, parenting, relationships, career, a future career, hobbies...
- Develop empowering habits
- Setting expectations for yourself
- Techniques to improve your thinking & reasoning
- Eliminate limiting beliefs that hold you back
- Techniques to deal with conflict in a productive manner
- Define the parent you want to be
- Clarify your goals, dreams & priorities
- Define your impact in the world
- Defining boundaries within a relationship
- Set plans to improve physical health
- Looking at situations from a different belief
- List out your priorities-are you living to them?
- Tools to overcome a challenge or obstacle
- Discussing & creating plans for decisions you are facing
- Learn to remove beliefs that may be sabotaging your relationships (that you aren't even aware of)
- Setting boundaries that serve you
- Learning how to develop a positive mindset
- Setting plans to improve your emotional health
- Improve communication in your marriage
- Define & explore what "having more" means to you.
- How to avoid the shame/blame trap
- Clarifying expectations in a relationship
- Deal with regret in your life
- Explore comparisons with other people.
- Set a floor for a goal or expectation

TRAINA COACHING

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- Learn how to incorporate a gratitude practice
- Create plan for a difficult conversation
- Deal with perfectionism
- Develop a productivity schedule for your week
- Find your comfort zone & a plan to expand it
- Deal with your relationship with your parents
- Work on forgiving yourself for past mistakes.
- Explore self-care
- Determine if exercise is truly a priority to you? (It's ok if it's not)
- Define & capitalize on your strengths
- Create plan to overcome weaknesses
- Create a healthier body image
- Define a plan to increase your motivation
- Discuss frustrations & vent to release them
- Observe your perspective & shift it, if necessary
- Set up a morning routine
- Set boundaries in your life
- Adjust your parenting for adult children
- Shift your view of scarcity for abundance
- Learn how to coach yourself
- Procrastinate less
- Shift thoughts that don't serve you
- Techniques to rediscover your strength
- Collect honest feedback from a trusted source
- Break a bad habit
- Learn to treat yourself with kindness
- Learn to build friendships & relationships
- Define behavior consistency & anger management
- Seek out your purpose in life in different stages
- Career & retirement exploration
- Develop a journaling habit to explore
- Realize blind spots that are holding you back
- Strategies to create productive relationships in the workplace
- Create a plan for daycare or staying home with kids
- Plan to level-up in areas of your life
- Create a weight loss plan
- Create plan for getting out of doubt
- Work on loving yourself

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- Defining what you observe in your life & look at what may be holding you back
- Finding work/life balance that works for you
- Observing your perspective & shifting it, if necessary
- Improve your relationships with your kids - at all stages
- Examine habit of self-sabotage and create new habit.
- Learning how to find personal fulfillment
- Setting plans & strategies to work through challenge
- Learn essential lessons about managing your thoughts to change your unhelpful beliefs.
- Defining a plan to increase your motivation
- Discussing frustrations & venting to release them
- Plans to overcome weaknesses
- Learn to love yourself, exactly as you are right now
- Planning to level-up in areas of your life
- Preparing (emotionally & logistically) for a move, job change or other life transition
- Being supported to handle divorce, loss of spouse or life challenge
- Explore self-induced obstacles
- Finding tools to bring peace with a challenge you've faced
- Planning for college or a path of study
- Planning on how to get off to a great start in a new job, relationship goal.
- Exploring your VIA character strengths & how these relate to your life
- Learning techniques to handle overwhelm & busyness
- Challenging your view of the world
- Planning to re-enter the workforce after a career break
- Creating a new way to look at challenges you face in parenting
- Exploring effective uses of time
- Planning for holidays and celebrations (with less stress)
- Identifying your priorities
- Looking at barriers you face(d) - & options on how to handle them
- Practicing self-awareness & self-acceptance
- Help in supporting a loved one who is in crisis
- Learning tools for stress management.
- Career & retirement exploration