

23 THINGS THAT A COACH IS...

1. A Coach is a mentor.
2. A Coach is a friend.
3. A Coach is a trainer.
4. A Coach is your nutrition guide.
5. A Coach is your personal development tool.
6. A Coach has been where you currently are.
7. A Coach listens.
8. A Coach gives you an unbiased opinion.
9. A Coach is your cornerman.
10. A Coach is your GPS.
11. A Coach is your navigator.
12. A Coach is empathetic.
13. A Coach communicates, openly and frequently.
14. A Coach keeps it real.
15. A Coach is a tool for life guidance.
16. A Coach is a source of extreme accountability.
17. A Coach cares about you.
18. A Coach builds your confidence.
19. A Coach believes in you.
20. A Coach pushes you.
21. A Coach is not dogmatic.
22. A Coach understands there are more ways than one.
23. A Coach is not a template, he is a human being.