

RE-FRAMING SELF-TALK IS PART OF COACHING

How do you talk to yourself?

*“This is a great chance
to learn and to grow.”*

SEEK LEARNING

It beats discouragement...

**LEARN
TO GIVE
YOURSELF
A BREAK**

*“Business is a team
sport. We win and
lose together.”*

RECOGNIZE YOUR TRIGGERS

*“These negative
feelings are temporary.”*

**COACHING
DELIVERS
POWERFUL
LIFE-CHANGING
EXPERIENCES
THAT
MAKE
YOU
STRONGER.**

POSITIVE THINKING IMPROVES PERFORMANCE

*“I am worth it
and can feel good
about myself.”*

