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1. Integrity

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me as a coach are as follows: The

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principle of maximal intensity and
supercompensation; Specific lifting
jumpstarts better motor patterns;
The power of the 4-day training
split; The minimal effective dose
of lifting; Slow twitch-fast twitch;
Be Activated, muscle activation,
and muscle patterning

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Visualization is a practice used by highly successful people. Life coaches utilize this technique to help their clients reach their goals. It is the process of vividly imagining your life the way you want it to be and picturing

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important scenarios turning out
successfully. Life coaches can
guide you through the practice to
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as well as help you choose the

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Group Life Coaching. On top of the interpersonal considerations just listed, group life coaching involves a host of logistical skills that wouldn't ordinarily fall under a life coach's expertise. Outside of organizational contexts, group life

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coaches don't have the
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therapeutic community to the
career of life coach, and in
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