

## Benefits of Coaching

My job is to set you up to succeed with whatever you set out to accomplish. As a competent coach for personal and professional development I provide you with the focused support and encouragement that enables you to create a breakthrough and shift your life around.

You will benefit noticeably by developing:

Clarity over goals;

**Better sense of direction and purpose;**

Practical strategies for a better quality of life;

**Motivation to reach goals quickly;**

More contentment & joy;

Higher level of determination & perseverance;

Stronger self-confidence;

**Enhanced personal power.**

## Coaching Process

Coaching is a process. It is recommended to commit to at least eight sessions. A coaching session usually takes one hour and consists of a structured conversation during which the coach asks questions. Sessions are mostly face to face but can be delivered over the phone as well.

All matters arising are of a strictly confidential nature.

## WHY to seek out a coach

There is a wide range of situations in which a professional coach can provide valuable support. Some of my clients intend to move up on the career ladder. Others dream of a career change and didn't know how to go about it. Some felt overwhelmed and confused about the amount of change in their life and wanted to get a grip on things. Some aimed at improving their marriages and relationships. Others want better health, or more joy, or need assistance with building a new life after a divorce or the loss of a job.

## What Coaching is **NOT**

Other than **therapy or counseling**,  
coaching is not concerned with the past

Coaching is not about **analyzing**  
**personal problems** and difficulties

The Coach gives **no advice**

and will not tell you WHAT TO DO



If this rings a BELL,  
**Coaching**  
might be just  
the right thing  
for you.



## Dr. Ute Devika Meinel

is originally from Germany, was born in India, raised in the Middle East, lives in Egypt since 2000 and speaks Egyptian Arabic fluently. She obtained a PhD in Political Science from the Freie Universitaet in Berlin and began her career as a news agency journalist and correspondent in the region. Later she worked for numerous organizations as consultant for communication as well as organizational development. This is how she discovered the importance of individual empowerment.

Ute Meinel is a Coach for Personal and Professional Development, certified by the Coaching Academy in London. Her diploma is approved by the International Coach Federation. She is also a Coach for Self-Esteem Elevation for Children, certified by the Center for Personal Reinvention in the US, and offers special workshops for kids and youngsters.

At the same time Ute Meinel is a teacher of Laughter Yoga, which is an excellent combination with Life Coaching as it moves the energy in the body and releases blockages and stress. She was trained and certified by the founder of this fantastic movement, Dr. Madan Kataria, in India in 2011. She introduced Laughter Yoga to Egypt offering group sessions as well as one-on-one Laughter Yoga Coaching for individuals.



Laugh & Thrive

# Empowered <sup>by</sup> Coaching



Could it be that you feel frustrated and exhausted because in spite of all your efforts your life is not quite turning out the way you were hoping? Perhaps you feel overwhelmed or out of control? Maybe you feel mainly angry and resentful or simply confused?

What about **you**? What would you like to change in your **life**?

A huge amount of people nowadays would answer 'yes' to at least one of these questions. Most people would probably admit that they feel stressed and out of balance most of the time.

**Coaching** assists you with identifying your goals and achieving them. It gives you the professional support to go from where you are now to where you want to be much faster and more effectively than if you tried it on your own. It sets you on track. **It's empowering.**

**The role** of a coach is to build your self-esteem and stamina. Coaching helps you to consciously evolve and stop drifting or muddling your way through. Optimized performance is the result. A better word for it is thriving.

[www.laughandthrive.com](http://www.laughandthrive.com)

I deliver tailor made packages and remain committed to your growth.  
If you feel inspired, please get in touch for a free intake session.

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