**MindfulGuidance Coaching**

## My Personal Coaching Philosophy

**Why do I coach?**
I coach because I enjoy using the athletic experience as a window into the person's life to help them discover their strengths, unique contributions and excellence.

**What are my goals as a coach?**
To bring out the best in my clients in the most efficient way possible, to impart life skills that will enhance the person's overall wellbeing, to enjoy different work-environments and variety, and to use my powers of observation, intuition, creativity and attunement to their best advantage in helping someone overcome a seeming obstacle.

**How would my athletes describe me as a coach?**
Thoughtful, aware, understanding, supportive, effective, surprising, encouraging, calm, creative and fun to work with.

**What do I value most about coaching?**
The opportunity to work with people who value challenge, who are inspiring to be around, the culture of excellence and high level wellbeing. I get to use all my skills. I appreciate the opportunity to assist younger athletes develop a growth mindset and good mental habits that will serve them for decades to come. In addition, I enjoy seeing older adult athletes' delight as they improve in areas they had long struggled with before. It's never too late to improve or expand one's growth mindset.

**Lisa Love, MSN, Certified Mental Coach**