

MSOY Personal Coaching

What is personal coaching?

Personal coaching is what people seek when they want to improve on their life or some aspect of their life. It could be physical, emotional, or mental. In terms of a physical aspect, it could have something to do with nutrition, strength and conditioning, or a specific skill.

In terms of emotions, it could be gaining clarity on feelings. In terms of mental perspectives, many people get therapy, or talk to a counselor for guidance.

Who needs personal coaching?

I'm going to give a couple of basketball analogies, because I love basketball. My first example is the late, great, KOBE BRYANT. As good as Kobe was entering the NBA at 18 years of age, he knew he needed to learn in order to be the best. He got shooting coaching, defensive coaching, and was coached by one of the best modern day coaches, Phil Jackson.

LeBron James is another person who gets coaching in the offseason to keep his body in great condition. He knows his body well, and spends over one million dollars per year to maintain it. This includes many trainers, physical therapists, and doctors. They all give him advice and guidance (coaching), and it must be working because he is still playing at an MVP level.

Everyone has a need for coaching whether they realize it or not. Life will go on without it. But the purpose of MSOY is to *improve* your LIFE QUALITY. And one way to do it is with personal coaching on what can help you find the road to your lifestyle goal. Try it. You have everything to gain!

Find the MSOY MEMBERSHIP button on the homepage and join today. You must be a member to be able to schedule personal coaching sessions, so don't wait. Join now!

