

WHAT IS LIFE COACHING?

Coaching is a collaboration between the Coach and the Client to help clients create their best selves – be it at work, in relationships, and in their everyday lives. Coaches provide a sounding board and ask thought-provoking questions that guide clients to identify their goals and obstacles holding them back, discover their passions, and create bite-size strategies and solutions to achieve long-lasting change. **The result: living a happier, more abundant life full of meaning, purpose and joy.**

THE CLIENT IS IN THE DRIVER'S SEAT!

To explain the process of personal coaching, we'll use the metaphor of driving a car. Say, you've driven your car into a ditch (i.e. you're feeling stuck, overwhelmed, lost, alone, lonely, unfulfilled, bored, complacent, regret, etc.). You, the client, are in the driver's seat, ready and able to embark on the road trip but you need help figuring out how to go from "ditch to destination." The coach is in the passenger's seat and guides the client along a journey from present to future.



Some clients have a vision or dream but feel like they're "spinning their wheels" or driving in the fog. A good coach will help clients reach their goals faster and with more clarity.

So, instead of delving into the past ("coulda, shoulda, woulda" talk) and giving directions and mapping out the road trip for the client, a good coach:

- Encourages and supports clients in driving their own car
- Co-creates a roadmap with their client to help them navigate transitions and uncharted territory
- Unpacks the root of the problem and the obstacles that lie in the way of change
- Guides their client to help them overcome roadblocks (such as mindset, limiting beliefs)
- Works with the client to discover their core values and plan the path ahead
- Ultimately helps their client uncover their full potential so they can confidently make their way forward.

The mantra is: *The client is whole, complete and resourceful through the coaching journey.*

“I always leave the sessions feeling so much better. I didn't want them to end.”

“It was a nice breakthrough while asking simple but powerful questions about how I could be kinder to myself. This is what is meant to be human and it's okay. Love that!”



WHAT MAKES MY COACHING STYLE UNIQUE?

What's the real secret about changing your life?

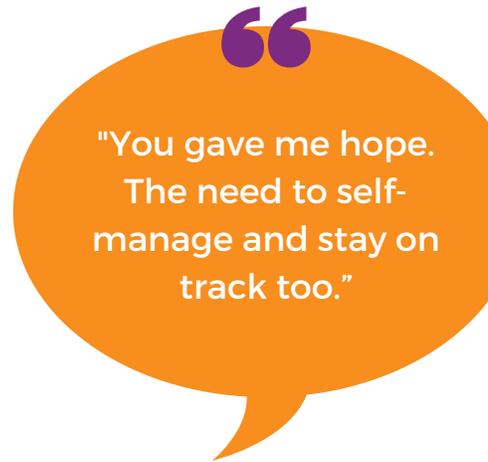
It's not about making resolutions or grand gestures – it's actually the opposite: **Byte-size micro-steps!** With my thought-provoking questions and positive psychology-based transformational coaching, clients will step outside their comfort zone, find their inner wisdom and voice, and unleash their caged-up energy in order to become the person they are truly meant to be.

And FYI I don't lead your typical coaching sessions. My sessions are highly interactive and guaranteed to get participants to “eat, sleep, move, breathe” self-care in real time.

So, instead of Zoom calls you will:

- Walk with me over virtual walk & talk life coaching sessions,
- Practice role playing and visualizations to put insights into action,
- Meal prep and/or grocery shop together in order to invoke nutritious & healthy eating,
- Shake it out and dance like no one is watching,
- Open your heart and mind with yoga and mindfulness practices,
- Strengthen your body and mind with ballet barre and "deskercises."

Together, we will find you self-care solutions along with curated resources inside **Byte-Size Wellness Academy**, my online self-coaching program. How's that for a concierge approach to wellness?



“You gave me hope. The need to self-manage and stay on track too.”

WHY CHOOSE ME AS YOUR COACH?

There are a lot of personal and business coaches out there - so why select me? Here are a few reasons:



Academic Training:

By trade and training, I am a social scientist with a long standing career in academia and research in health behavior change.

Want to know more about my academic professional background, click [HERE](#) and connect with me on [LinkedIn](#).



Compassionate Self-Acceptance:

With my guidance and years of experience, I will help you disentangle complex topics, see and hear what is hidden and unsaid, name your emotions, identify core values, set boundaries, make mind-body connections, and practice self-compassion. This will lead you to a place where you can more clearly see what is right for you moving forward.



Inspiration:

You will grow as I **inquire and inspire** while taking you along an adventurous journey of self-care, self-discovery, self-love and emotional literacy.



Intuition:

You will benefit from my intuitive nature and feel listened to as I will be fully present with you during our sessions together.



Moving Beyond Now:

I create a safe space to explore, listen deeply, empathize with people in transition and in trauma and pain, and help you discover and live your full potential - with vitality, passion and purpose.

MY JOURNEY

You see, I've been through enough of my own transitions (moved countries mid-life, divorce, empty nesting, caregiving for an aging parent with dementia, loneliness and grief around the death of a parent, dog and marriage) and invested in myself: therapy, coaching, mindful self-compassion and yoga training. I took a sabbatical from my own self-care business in order to take care of myself and put my mental, spiritual and physical health first.

THE RESULT: I lost 22 pounds, gained a ton of energy and zest for life; found my true love (myself!), my passions (yoga and dance) and my purpose (serving you with life/health coaching ;). So, I understand and have overcome life challenges and mindset roadblocks and cannot wait to hold your hand and guide you along your journey inward and forward.



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"Thank you for holding the space for me. I really appreciate that you enabled me to realize that part about my personal life and what I could do with that. And ensuring I breathe and slow down a bit and take time for me. Delegate."

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"One of the things that makes Dr. Kim so very special is her presence which is spiritually uplifting for the soul, mindful and filled with passion, kindness and compassion for those with whom she works."

WHAT YOU'LL GAIN THROUGH MY SPECIALIZED MICRO-STEP COACHING PROGRAM

- Manage, balance and unleash your **energy** to create a new zest for life.
- Embody **self-care**: Put yourself and your health first to more effectively take care of others.
- Kick-start **healthy habits** to boost immunity and vitality.
- Reignite your **purpose, meaning and joy** in your personal life and in your relationships.
- Hone your creativity in order to explore **new options, passions and directions** forward.
- Find your true love - **self-love** - and date yourself so that you will never feel alone and lonely again.
- Discover **emotional literacy/agility**, assertiveness and confidence to set boundaries and speak up.
- Create a **holistic connection** (mind, body, spirit) with oneself for a more harmonious, peaceful life.
- Receive the gifts of **presence, equanimity, kindness and self-compassion** and pay it forward in your relationships with others.

IN ADDITION TO THESE BENEFITS, YOU'LL ALSO RECEIVE...

Access to **Byte-Size Wellness Academy**, an online wellness self-coaching program that includes short video lessons about self-care, healthy eating and sleep hygiene, mind-body energy break videos, and a digital wellness resource center.



CHANGE YOUR TRAJECTORY. INVEST IN YOURSELF.

[CLICK HERE FOR A DISCOVERY CALL WITH DR. KIM](#)

“I LOVED your coaching! I remember some of your questions and the way you approached things will stick with me forever. Thank you for being such an inspiration.”

“A good coach can impact a game, but a great coach can impact a person’s life. You did that for me! Bless You!”



JAY SHETTY CERTIFIED COACH



byte-size
WELLNESS
ACADEMY

