



TMR2DAY

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Who am I? 3rd culture kid. Former teacher of 25 years. Citizen of the world. Expat. Lived in 6 countries in 21 years. Life coach.

What is Transformative Coaching?

- Finding ways to make changes in your life that will transform you. The answers lie within; transformative coaching unlocks those answers with careful questioning.

The Principles of Coaching

(adapted from the Animas Centre for Coaching article, “What is Transformative Coaching?” <https://www.animascoaching.com/what-is-transformational-coaching/>)

The crux of transformative coaching is that it is:

- **Client-led:** the client (you) decides/chooses the topic(s) of discussion, not the coach.
- **Dialogue-centered:** the sessions are a conversation between the coach and the client, with focus on questions, reflection, and other methods of conversation.
- **Client-initiated:** the client is looking for change that will come about through their own actions.
- **Non-advisory:** the premise is that the client will come up with the best answer(s) for themselves during the sessions.
- **Change oriented:** the sessions center around change using tangible goals or outcomes.
- **Focused on potential and self-actualization:** it is the belief that people can grow and change to become happier and reap more of their potential.

These changes will come about through the client (you) using:

- **Self-awareness**
- **Self-reflection**
- **Creative problem-solving**
- **Personal motivation**

And will thus:

- **Realize your potential**
- **Impact your life**

So why wait for tomorrow when you can start changing your life today? Work with Trina (M. Roth - TMR) today (2day) for a better tomorrow.