

Shadowmatch Coaching Principles

Coaching is a specific approach in the world of support for optimal success. The word is rooted in the world of sport and is now used in a wider sense to take the sport coaching principles into non-sports related life performance optimization. The value of a coach is clear when it comes to helping someone optimise their success. Think about a sports coach. A tennis coach doesn't use the techniques that apply to golf when coaching tennis players. The tennis coach uses tennis techniques. A clever coach works with two sets of coaching techniques. A general one and a set of specific ones. General coaching techniques are those basics that every good tennis player must get right. For instance: to place the ball, to strike the ball optimally, to watch the ball up to the point of impact and so on. But then there are also specific techniques. All top tennis players get the basic techniques right, but they all have some uniqueness in the way they get it right. What the clever coach does, is to guide the player to get the general basics optimally right using an angle that is unique to the player.

The above-mentioned is exactly the same with all forms of coaching. There are lots of basics that we need to get right in order to flourish in life. A few examples will help you understand this, to study for an exam, a few basics apply: repetition, memory, time management, mindful reading (to know exactly what you read), and so on. Then there are personal preferences on how to remember, how to repeat, how to pace yourself etc. This is where Shadowmatch coach can help. The system provides the content based on very thorough research. The coach and client use the content as provided by the system to build optimal behaviours that allow the client to live a successful meaningful and fulfilled life.

<https://youtu.be/iSooftAuk5Y>

Career Coaching

Career coaching has three components. The first is to guide individuals who want to decide what their optimal career should be. The second is to help those individuals who are not convinced that their career is optimal for their long-term success and fulfilment. The third is a long-term coaching process for individuals who want to make progress with their careers within their current workplace and/or career path.

https://youtu.be/gX86H_Hd6Y8

Study Method Coaching

Study method coaching is for anybody studying in high school, college or university. The aim is to provide the student with a personal study method that work optimally for them based on their unique habits. Study method coaching is not a one-method-for-all type of coaching. There are basics – yes. But these basic must functions differently for each individual student. This is exactly what your coach will guide you to explore and fine-tune. The end result will be a personal study method just for you.

<https://youtu.be/KqD8SkNDLEs>

Fulfilment Coaching

Many people, at some point in their lives, come to the conclusion that life can be better. There must – and there can – be more to life. More of everything that makes life a meaningful, successful and a joyful journey. Sometimes the intensity of this awareness differs. Some people come to a point where they experience a very intense awareness of the fact that things must change. They become desperate and frustrated. For some individuals this awareness of a better life is relatively light- but it is there. The mistake we sometimes make is to try and determine what went wrong and how the individual got to a point in their life that is now compromised. This effort is a waste of time, Ans, so what if you can determine what caused it? Shadowmatch fulfilment coaching is not concerned with the events that take place that make people want a better future. What shadowmatch does is not provide e meaningful life-building programme that is based in your unique habits. This programme will progressively change life to be better, more meaningful and much more fulfilling.

https://youtu.be/8zErF_JomxU

Personal Development Programmes

These programmes are known as Shadowmatch PDPs and their purpose is to build specific habits that are necessary for a specific purpose. All people need specific behavioural patterns, for a specific purpose, to deal with challenges they face. These challenges may be a job or career related, sports relate, student-success related or just a general life situation that needs

to be handled. The best way to explain these programmes is by means of an example. Let's say you are promoted from a technical job to be the manager of a team of technical workers. Now you suddenly experience that the demand to predominantly work with these people has intensified. In a situation like this, you could decide to sign up with a coach that will guide you through the PDP for strengthening your People Positive Habit.

The Shadowmatch system provides a long list of PDPs. These are experience-based habit-building programmes that can help individuals build strong behavioural patterns that will empower them to deal with specific challenges of life.

<https://youtu.be/eIBqoWV9NS8>