

Renew You! Love Your Life Coaching Program

By Marcy Nelson-Garrison, MA, LP, CPCC

I've just discovered the perfect life coaching program in a box - *Renew You! Love Your Life Coaching Program*. The flow of the program is so aligned with how you already work, all you will need to do is add your branding and show up as the amazing coach that you are.

Emma-Louise Elsey of the Coaching Tools Company is the genius behind this gem. *Renew You!* is a complete three-month coaching program that comes with



14 tools you can use and share with clients, plus in-depth instructions, checklists, timelines and even marketing materials. It can be used with private clients and groups; you can even brand it as your own. This is what makes it so cool!

Here's a simple breakdown of the three months. Month one covers initial goals, taking stock, discovering what makes your client's heart sing and beginning action. Month two covers letting go of what doesn't serve, like toxic relationships and energy drains. Month three focuses on identifying a 'spark' team, setting up supportive daily habits and defining meaningful goals for the future.

Renew You! is very well designed and user friendly. You can have a new, exciting offer for clients right away and you can tweak and refine it until it feels like you created it yourself! It is so much easier to market coaching through a program like this. I highly recommend *Renew You!*

Call Recorder

By Sandra De Freitas

If you are marketing your coaching business online, you know the power of creating and publishing content quickly and easily ... or maybe you have been struggling with it. If you have wanted to interview experts and clients in order to create YouTube videos or podcasts quickly, take a look at *Call Recorder* by Ecam. It is an add-on for Skype or Facetime that allows you to record your calls automatically or manually. Your calls are recorded in high quality HD recordings and saved to your computer as QuickTime files. The files can be uploaded to YouTube and Vimeo with a few clicks or you can export them as mp3 files for podcasts, to be uploaded to iTunes.

You can choose to record your calls as you see them on your screen or choose the "side by side" option. You may also edit the file using their built-in movie tools.

You could also choose not to publish the videos and instead use *Call Recorder* to record your client calls and send the video to your client directly. Your clients can focus on your calls and watch their video later to make notes or review their action steps. This is a great tool to keep them focused on your calls.

You can try *Call Recorder* for Skype or *Call Recorder* for FaceTime for free for a week.



aTimeLogger

By Sandra De Freitas

No matter what you coach your clients on, the topic of time management or the excuse of "I don't have time for ____" seems to always come



up. If we are all given the same 24 hours in a day, why do some of us get nothing done while others achieve or surpass their goals?

Many successful people will tell you that they are successful because they have strict boundaries around what they do and don't do with their time. To create those boundaries, we must start

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with tracking our time. Once we know where we spend our time we can make adjustments and start saying no to things that no longer serve us.

Using an app like *aTimeLogger* (available on the AppStore and on Google Play) will make it easy for your clients to track their time. They start by inputting the tasks they do on a daily or weekly basis. When they are ready to start a task such as "checking emails," they start the timer on their app and stop the timer when they are done. At any time they can run a report to see where they have spent their time thus far or they can view their "Daily Log." After a week of tracking their time, they will see where they are spending their time and where adjustments could be made.

The *aTimeLogger* app will also let clients set time goals for each day or week, such as two hours of "weekly meditation." The app will notify the client upon reaching the goal. It's a great way to improve productivity and feel good about achieving goals. ●