

## Benefits of life and mindset coaching

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When you hire a personal trainer, you want them to grow your muscles and core strength. A great PT pushes you not to an unhealthy pain threshold, but to a place where you achieve YOUR fitness goals, not theirs.

Life coaching is relatively new and quite frankly some people are confused about what is and what it's not.

Life coaching helps you be the driver of your own dreams, using your innate resources so you can be the ideal YOU. Throw in a mindset compass, you can feel, live and enjoy your super-powers with confidence!

Life coaching is NOT about being perfect. It's NOT about simply goal attainment for the sake of it and it's NOT about what other people want you to BE

### Here's 7 benefits of life and mindset coaching:

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#### ***1. Get clarity on what you want***

Most people feel anxious, stressed or underwhelmed about their lives at some point. They've lost their way and are at a crossroads. They have so many choices and lots of pressures but just need some help with clarity. They don't want to settle for mediocrity. They want it all on their terms. A great coach helps you sift through all that clutter and find your purpose with clarity.

#### ***2. Boost your confidence***

Our self-image can take a hit at different defining moments throughout our lives. These moments can be shaped by our environment, workplace, upbringing or simply

a big loss. Losing something that's important to us can be unsettling. A loss of job, relationship or health factor rock our super-powers and shake our inner confidence. You know this when you are showing the world a strong side of you but inside feel conflicted. Coaching helps to realign this mismatch, so you feel worthy and get the best out of life. Coaching blends the Tinman and Lion within you!

### **3. Embrace fears and insecurities and stand out from the herd**

Sometimes, where we felt invincible, we now feel fear. Fears are part of the human condition and coaching helps you use your fear and translate it to personal power – in any area of your life! Coaching helps you get your X factor on, despite fears or the insecurities you hide from the world.

### **4. Live life on your terms!**

Sometimes your dreams, goals or desires seem impossible. You've heard about work SMARTER not harder but c'mon, that's for the lucky ducks. Coaching helps you reconnect to your birth purpose. YOU didn't happen by accident and YOU are not vanilla. Your values and dreams have been planted for a reason and coaching helps you unpack the possibilities beyond your wildest imagination.

### **5. Create your life Vision and Mission**

Coaching helps you build a custom vision and mission for your upgraded life. A strategic plan for your dream career, relationship or lifestyle that makes you happy and empowers you every day.

### **6. Have your own accountability buddy**

The confidential partnership in a coaching relationship is sacred but powerful. Most people are more likely to step a foot on the peddle with a great accountability buddy. One that's on their side but challenges and cheers at the same time.

### **7. Upgrade to your next level**

You know you've got it but just need some help with reaching the next level. You are ready for an upgrade. A version of YOU that up-levels and reaches the fullest potential, even in the face of challenge and uncertainty!

## ***Why choose Xpand?***

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**Well, we'll let the client testimonials speak for themselves.....**

*"Junita is a consummate professional whose skill and expertise I would recommend to all. With her insightful ways and delicate approach, Junita provided me with a platform to explore and challenge situations, helping me negotiate my way through*

*one of life's many crossroads. In no small part, It is thanks to her that I have focus and direction in the next stage of my professional development and career."*

**Chris Anderson, Head of IT Operations & Service Delivery**

*"Junita is one of those individuals that not only Coach and Consult but change your way of thinking to encourage positive action and change. Junita has both supported and expanded my growth and mindset. The result has changed my outlook and the results I achieve. I have not only grown in my career but also my personal life through how I perceive and deal with situations. Junita is a great asset to anyone looking to step out of their comfort zone to grow and develop personally and professionally."*

**Belinda Weir, HR Operations**

*"Junita is an exceptional coach, story teller and influencer. I have found Junita's natural curiosity an incredible strength to enable her to understand her customers. Her infectious energy and creative approach to connect with people makes her presentations highly engaging. I would highly recommend Junita for any business coaching or consulting opportunities!"*

**Angela Yee, Chief Operating Officer**

*"Junita has helped me move through so many of my blocks when it comes to not only my business, but my personal life. So many things in life can hold us back from growing into our best self and achieving our Dreams and she helped me pin-point my challenges and bust through them! She has a kind, authentic, professional yet personal approach to her coaching, and she will definitely kick you in the ass when you need it :). I have grown so much as a person, worked through my own self sabotage in my business, and gained so much clarity around my future from working with her. I highly recommend her as a coach!"*

**Blake Fergus, EFT Healer**

*"Junita is an incredibly engaging and natural coach. She has an impressive ability to unearth your beliefs, the vision, and then challenge you to get thinking hard about tangible changes to turn that vision into reality - all the while balancing this with pragmatism. I was really impressed at her ability to turn what she hears into credible insights. She's a great coach but also just a really nice person with a great sense of humour. She's a wonderful listener and shows a genuine interest in you as person – and a sincere belief in your abilities. I would highly recommend Junita as a coach!"*

**Female Executive, SaaS**

*"Junita is incredibly insightful, kind and warm. She has an innate empathy and ability to understand her clients' abstract issues, even those that have not been particularly well articulated. The methods, concepts and tools she uses to address areas of concern, are effective but not abrasive or intrusive. In the short time I have spent with Junita, I have found her insights and methods particularly helpful and they have made a real difference to me both personally and professionally and I have learned so much about my own personality, methods and mind."*

**Senior Policy Officer**

## About Me – Junita Mushenko

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I am a sought-after Coach and Consultant who understands that knowledge unleashes possibilities. I rely on my 15 years of experience in HR and background in psychology, health sciences and Neuro-Linguistic Programming (NLP) so I can be a credible voice of change. I prepare diligently for my clients via research, design and education so I can show up with a fully person-centred approach.

I believe that the sum is greater than the parts and collaboration is the new way to disruptive thinking. In the learning space, I use gamification and creative approaches so that my clients can have fun with the process and develop sustained ways of helpful thinking. I walk my talk and encourage the same from others so they can live their ultimate truth.

This is me at my sister's wedding as the Master of Ceremonies letting my Toast Masters training hit the rubber. Yes, bling is a thing for me, and I truly love helping people get their sparkle on!



**CONTACT US FOR A FREE DISCOVERY SESSION**

[Junita.xpand@gmail.com](mailto:Junita.xpand@gmail.com)

<https://junitamushenko.wixsite.com/xpandconsulting>

+61 414 810 600