



LIFE DESIGNERS

MORE THAN A LIFE COACH

WHAT IS A LIFE COACH?

You've heard the term "coach" as it relates to life coaches, career coaches, or wellness coaches. But what do these titles actually mean? Quite simply, a coach is any person who provides specialized training, nonjudgmental support, and mentoring to a particular aspect of life. Coaches help clients accomplish their goals and reach new levels of success.

WHAT SHOULD I BE AWARE OF?

While this sounds great, consumers need to be careful of who they hire as a coach. While there are coaching certifications and training programs, coaching as a whole is not a regulated profession the way pilots and doctors are, for example. This can make it more difficult for you, the consumer, to accurately identify the good coaches from those who are "self proclaimed."



LIFE DESIGNERS THEY WALK THE TALK

There is no substitute for real life experience. You wouldn't trust a surgeon who'd never performed an operation. So why would you allow your life to be influenced by coaches who live average lives themselves?

Life Designers are a diverse group of people who walk the talk. That means they have practical experience and have proven themselves in the real world. They are beyond theoretical concepts and recycled self-help cliches. Life Designers have turned their advice into actual success; they are living proof!

All Life Designers are hugely accomplished. They are published authors, researchers, entrepreneurs, business executives, athletes, doctors, freethinkers, trend setters, and courageous, unique individuals. They are the professionals who have the knowledge, insight, and experience to back you up.

[Would you rather talk to someone who studied success or engage with someone who actually created it?](#)

Life Designers offer more than academic intelligence. The ability to think unconventionally, to problem solve on demand, to provide realistic and viable solutions, and the ability to meet you where you're at separates a Life Designer from the average coach.

They've all done amazing things with their lives, and whether you want to improve your relationships, your physical well-being, or your career, Hundred's Life Designers are here to boost your life's trajectory.

[Because that's what Life Designers do.](#)

[TALK TO A LIFE DESIGNER TODAY](#)