



HOW TO BE A ... Life Coach

» **Pia Muggerud** (Copia Coaching, 6103-0809, www.co-pia.com) began life coaching in 2002 after completing Coach University. She works with her clients to set goals, explore new possibilities, overcome barriers and achieve success in all aspects of life. Here's what she needs to help shape lives.



iPhone

\$4,680, from 3 Hong Kong, G/F, 20 Yee Wo St., Causeway Bay, 3162-8888
 "If I'm out and about, the iPhone gives me access to my email on the go. This is crucial because my clients email their problems to me whenever they spring to mind. With the iPhone, I can respond right away."



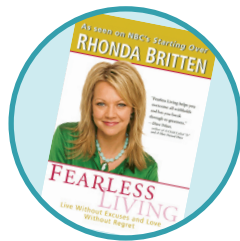
Voice recorder

"I record all my conversations with clients so they can take it home with them. I also listen back to the recordings once in a while so I know how I'm doing—it helps sharpen the sword."



Osho Dynamic Meditation

\$220 from New Age Shop
 "Meditation really stops you in your tracks, and helps to clear your mind. It also forces you to embrace silence and keeps you from focusing on all the things that have been stressing you out."



Fearless Living by Rhonda Britten

\$180 from New Age Shop, G/F, 7 Old Bailey St., Soho, 2810-8694, www.newageshop.com.hk
 "My work doesn't stop after a coaching session. Each week, I'll assign my clients an exercise to do in their own time. For example, I'll ask them to buy a book like this one to read on their own so they can take time to reflect."



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