

Why use us as a life & business coach

"A place for everything and everything in its place" - Anon

"Life happens while you're busy making other plans" - J Lennon

Firstly: We explain life by placing it into two relatively simple categories, namely:

- Imagination and
- Reality

Imagination deals with the inorganic universe (dreams, hopes, ideals, thoughts and wishes), while reality deals with the organic universe (hearing, sight, smell, taste and touch).

Secondly: We explain universes (worlds that exist in thought, space and time) by dividing them up into three categories, namely:

- Conceptual
- Logical
- Physical

The conceptual universe deals with most of the imaginary part of life (everything but ones ideals), the logical universe deals with the ideal component of the imagination while the physical universe deals with reality.

Thirdly: We integrate life and universes giving you the opportunity to look at where you are now, where you want to be and uncovering ways to bridge the gap(s) between the two.

The outcome of our style of life coaching empowers 'happiness'. We help an individual 'Get a life and get over difficulties'.

Life coaching topics

A life coach is capable of addressing one on more of the following topics:

- Business analysis
- Business plan
- Career paths
- Change management
- Conflict resolution
- Focus
- Goal setting
- Health issues
- Image
- Interpersonal communication
- Interviewing skills
- Information technology skills
- Mentoring
- Motivation
- Negotiation skills
- Networking
- Personality profiling
- Planning
- Presentation skills
- Setting deadlines
- Setting priorities
- Staff development
- Team building
- Work life balance
- Written communication

How we deliver these topics

The Ripose Technique follows a seven step integrated approach which is rapid in producing optimal survival environments.

Ripose will assist you develop the ideal life/business case enabling you to build the most effective and efficient life/business.

The secret behind an effective, efficient, ethical and easy to follow life coaching approach lies in delivering the life coaching topics in the right order.

The following table shows how we deliver these topics and align them to life and the three universes at the same time:

Life	Universe	Topic		
Imagination <ul style="list-style-type: none"> • Dreams • Hopes • Thoughts • Wishes 	Conceptual	Business analysis	Goal setting	
			Focus	
			Conflict resolution	
			Personality profiling	
			Work life balance	
		Business plan	Planning	Change management
				Career paths
				Staff development
			Setting priorities	
			Setting deadlines	
	• I deals	Logical	Mentoring	
			Skills	Interviewing
				Negotiation
				IT
Presentation				
Image				
Interpersonal communication				
Motivation				
Reality	Physical		Health issues - out-sourced	
			Networking	
		Written communication		

The 7 Steps <http://www.ripose.com/7StepDeliverables.html>.

Web site <http://www.ripose.com/Getalife>

Phone (07) 4034 1635