



THE HEART[©] HOLISTIC COACHING

A HOLISTIC LIFE APPROACH TO
EMPOWERMENT, ACCEPTANCE, RESILIENCE
AND TRANSFORMATION





TASSOS KOTZIAS

CERTIFIED HOLISTIC COACH



I empower YOU
in achieving your goals,
through my passion,
Holistic Coaching with HEART[©]

HEART[©] COACHING

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EMPOWERMENT

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ACCEPTANCE

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RESILIENCE

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TRANSFORMATION

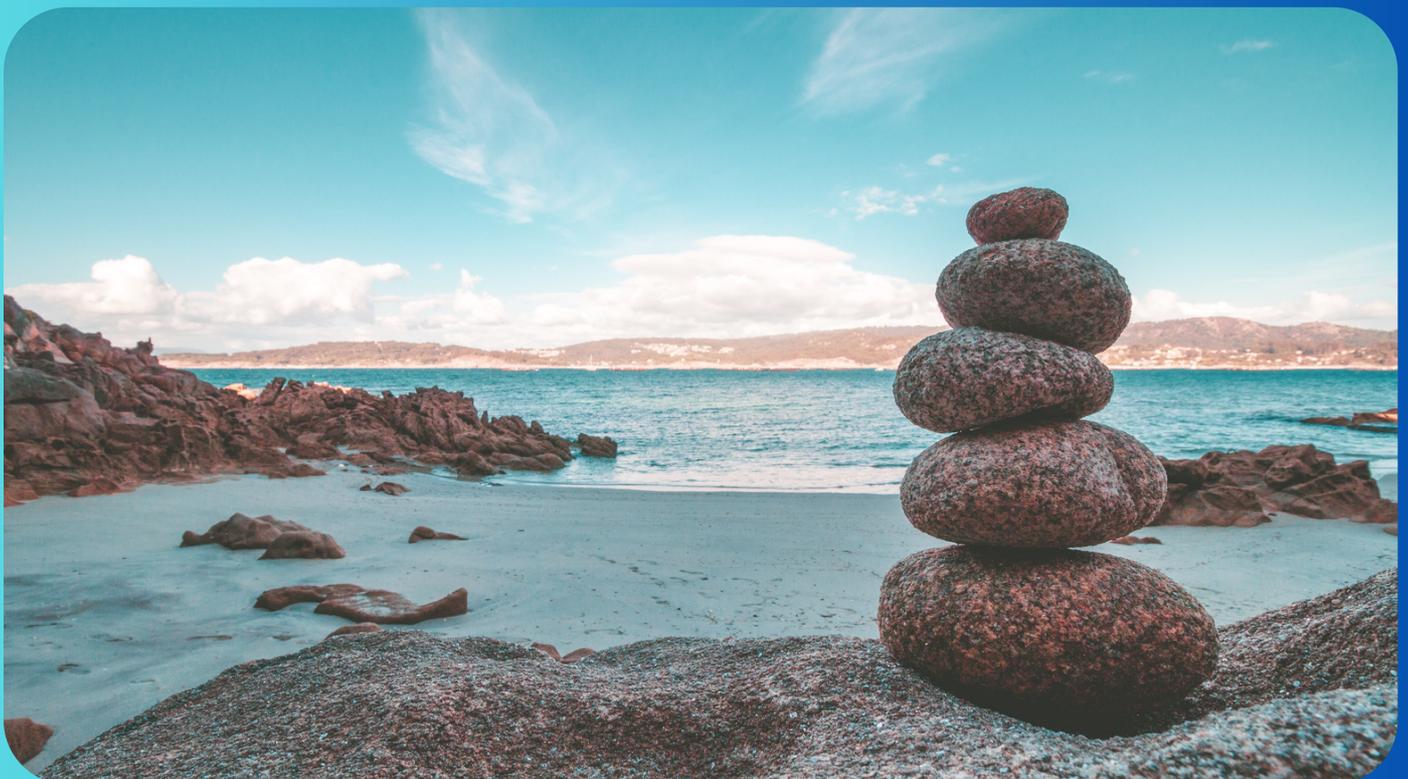
HOLISTIC COACHING

Holistic Coaching has become increasingly popular in recent years as people seek a more comprehensive approach to personal growth and development. Holistic coaching in general is an approach to coaching that considers the interconnectedness of various aspects of an individual's life. It recognizes that a person's well-being and success are influenced by multiple dimensions, including physical, emotional, mental, and spiritual aspects.

In holistic coaching, the coach works with the client to create a balanced and harmonious life by addressing all these dimensions. The coaching process goes beyond setting and achieving specific goals and focuses on the overall well-being and personal growth of the individual.

Holistic coaches typically consider a wide range of factors that can impact a person's life, such as relationships, career, health, personal values, beliefs, and aspirations. They help clients gain a deeper understanding of themselves, identify their strengths and values, and align their actions and goals with their overall vision of a fulfilling life.

Holistic coaching may involve various techniques and methodologies, depending on the coach's training and expertise. These can include mindfulness practices, visualization exercises, goal-setting strategies, energy work, and techniques from other modalities such as psychology, positive psychology, NLP (Neuro-Linguistic Programming), and spirituality.



HEART[©] COACHING

However, not all Holistic Coaching methodologies are created equal.

The HEART[©] Coaching methodology,

developed by Anastasios (Tassos) Kotzias, a Greek Holistic Coach who holds, among other distinct international Educational and Corporate qualifications, the qualification of the Holistic Coach Certification Program of the Holistic Coach Training Institute in the US, accredited by ICF (International Coaching Federation),

offers a unique and effective approach to coaching that integrates the principles of Holistic Coaching with the key concepts of Empowerment, Acceptance, Resilience, and Transformation.

This eBook provides a short explanation of the HEART[©] Coaching methodology, which is designed to help individuals achieve greater levels of personal awareness, well-being, success, and fulfillment in their lives!



“H” for Holistic Life

H

The Holistic life approach has been linked to the decrease in stress, anxiety, and depression, and an increase in overall well-being. The coach works deeply with the client to envision the “Who” and their Well-Being Routine around the 4 levels of awareness and well-being; The Physical, The Mental, The Emotional and The Spiritual!

“E” for Empowerment

E

The second key concept of the HEART© Coaching methodology is Empowerment. This principle recognizes that individuals have the power to create their own reality and that they can achieve their goals by taking action and making choices that support their aspirations. It provides a framework for women to develop the skills and strategies they need to take control of their lives and achieve their goals!

“A” for Acceptance

A

The Acceptance principle of the HEART© Coaching methodology recognizes that acceptance is a key aspect of personal growth and transformation. It provides a framework for women to develop self-acceptance and self-compassion, and to embrace their strengths and weaknesses. It is based on the understanding that women must first accept themselves and their circumstances before they can create meaningful change in their lives!

“R” for Resilience

R

The fourth key concept of the HEART© Coaching methodology is Resilience. It is focused on helping women develop the resilience they need to overcome challenges and setbacks. It recognizes that challenges and setbacks are a natural part of the human experience, and that women must develop the skills and strategies they need to bounce back from adversity!

“T” for Transformation

T

The final key concept of the HEART© Coaching methodology is Transformation. It is focused on helping women achieve meaningful and lasting change in their lives. This principle recognizes that personal growth and transformation are ongoing processes that require ongoing effort and commitment. It offers a framework for women to identify their values, goals, and aspirations, and to develop the skills and strategies they need to create meaningful change in their lives!

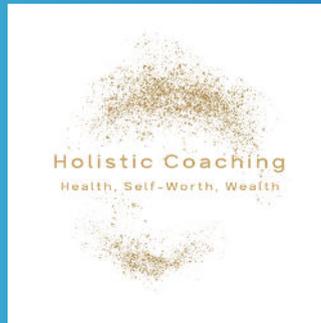


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