

Integrative HEALTH COACH SUCCESS

By Dr. Stephen Cabral



#008

Design the Work Schedule of Your Dreams

Whether you choose to work full or part-time it's important to design a work schedule that works with your busy life...

The problem is that most people lose massive productivity by constantly fighting the daily distractions of everyday life without the time to get true work done...

This type of sub-par organization also leads to less available client appointments and hours that you actually get compensated for...

Today, we're going to do a deep dive on creating your ideal schedule as a health coach from the ground up so that you get more done and love the work you do - Enjoy the show and let us know if you have any questions!

EPISODE TAKEAWAYS

1

Know Your Starting Point

First off, you need to know what you can actually allocate (realistically) for time to your work day.

2

Know Your End Goal

Although it may not be feasible in the very beginning set a vision for what you would like your work schedule to one day become.

3

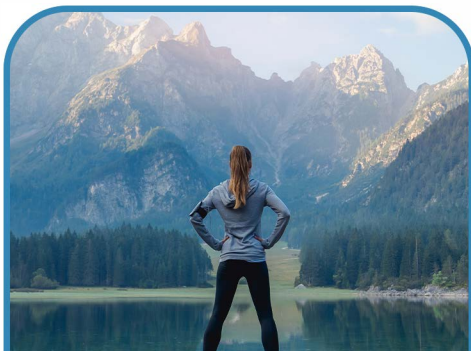
Stay Flexible

Think about your schedule on a quarterly basis. As family and other priorities shift allow your schedule to do the same while still maintaining your goal output.



**INTEGRATIVE
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DR. CABRAL'S MOST POPULAR RESOURCES



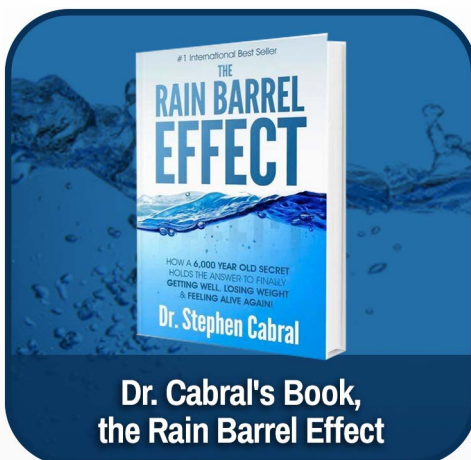
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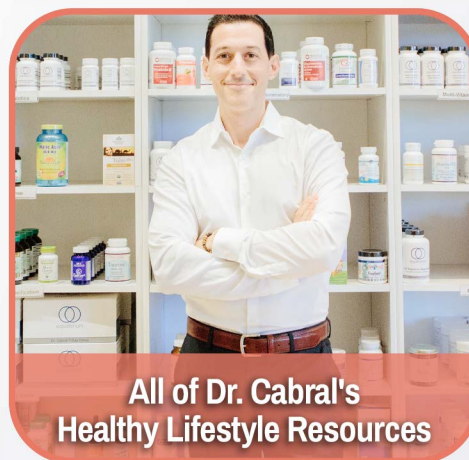
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