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THE TOP 6 LIFE COACHES IN AUCKLAND TO EMPOWER YOUR LIFE



Zoe Roche | March 14, 2025

REVIEW

**THE BEST
LIFE COACHES
IN AUCKLAND**



We extensively test and research all services we review. [Here's why you can trust us.](#)

Even the most grounded Aucklander can start questioning their life choices. Not too long ago, I found myself burned out, perpetually stressed, and convinced my goldfish was judging me.

Enter the world of life coaching. I was ready for a change – and to turn my life into a motivational Instagram post after success!

Well, it did not go that way. My first life coach had more crystals in his office than a chandelier factory. In fact, he spent the entire session asking me to “connect with my spirit animal” while burning what I’m pretty sure was a questionable mix of incense.

Needless to say, since then I’ve done my research on life coaches in Auckland with the help of the Auckland Magazine team. After weeks of searching, I’ve compiled our picks in a list of the city’s best life coaches.

So if you’re looking for a life coach in Auckland, here’s a list of the ones who will actually help you navigate this crazy thing called life.



How We Chose



Click Factor: This one's kind of like dating. You have to feel a good vibe! We paid attention to how comfortable it was to open up to the selected life coaches and if their coaching style resonated with us.



Know-How Cred: Sure, some experiences speak for themselves, but certifications from legit organisations like the International Coach Federation (ICF) show they take their craft seriously.



Goal-Getter Guru: We weren't searching for someone to tell us what to do. We wanted a coach who could help us uncover *our* own goals and then hold us accountable for crushing them.



Results Speak Louder: We spoke to past clients to see what they had to say. We wanted to see if their experiences aligned with what we were hoping for.

5. Happy Souls



Address: Auckland, New Zealand

Contact Details: harry@happysouls.co.nz

Operating Hours: By appointment

Website

Navigating life's challenges can be overwhelming, but Happy Souls, led by life coach Harry, offers a supportive and holistic approach to personal development. With a focus on career transitions, anxiety management, addiction recovery, and mindfulness techniques, Harry provides tailored coaching to help individuals regain clarity and direction in their lives.

Happy Souls covers multiple aspects of personal and professional growth, from overcoming fear and anxiety to career development and leadership training. This makes it a versatile choice for clients seeking comprehensive self-improvement.



Coaching integrates both Eastern and Western philosophies, which can be particularly beneficial for those looking for alternative ways to manage stress and find inner balance.

Clients can choose between single sessions or multi-session packages, depending on their needs. Sessions are available both in person and online, making them accessible regardless of location.

The free initial consultation allows potential clients to assess whether Harry's coaching style is a good fit before committing financially.

Happy Souls extends its impact beyond individual coaching by offering corporate wellness programs and leadership training, emphasizing mental and emotional well-being in the workplace.

Pros

- ✓ Wide Range of Services
- ✓ Holistic Approach
- ✓ Flexible Coaching Options
- ✓ Free 15-Minute Consultation
- ✓ Public Speaking & Leadership Training

Cons

✗ Advanced Scheduling is Recommended

Customer Reviews

Thi Nguyen

"Harry is a dedicated, humble, and vibrant human being. His warm and positive energy is truly contagious, and I have no doubt that he will continue to make a significant impact on the world. I wholeheartedly recommend him as a personal coach to anyone seeking guidance, clarity, and transformation in their life."

Matt Pitt

"I've used Harry as a life coach over the last few years with my relationships and career advice, and he's always offered sound and reliable suggestions to help me find solutions to my problems and make better decisions along the way. I'm currently living a much better life due to his services and would highly recommend him to anyone looking for assistance."