



# Review of [Corecoachingconsulting.com](https://corecoachingconsulting.com)

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## Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

## Table of Contents

Search Engine Optimization

Mobile

Visitors

Link Analysis

Usability

Technologies

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## Iconography



Good



To Improve



Errors



Not Important



Hard to solve



Little tough to solve



Easy to solve



No action necessary





## Title Tag



CORE Coaching & Consulting

**Length:** 26 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.



## Meta Description



CORE Coaching & Consulting

**Length:** 26 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.



## Meta Keywords



No Keywords

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.



[CORE Coaching & Consulting](https://corecoachingconsulting.com/)  
[corecoachingconsulting.com/](https://corecoachingconsulting.com/)  
CORE Coaching & Consulting

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
1	8	4	0	0	5

- <H1> Core Coaching & Consulting </H1>
- <H2> Business Owners and Leaders: </H2>
- <H2> What's new </H2>
- <H2> Core Learning Zone </H2>
- <H2> Upcoming Events </H2>
- <H2> Services </H2>
- <H2> Core Coaching Books & Apps </H2>
- <H2> Introducing Core Coaching & Consulting, LLC </H2>
- <H2> Send us a message </H2>
- <H3> CORE Business </H3>
- <H3> CORE Leading </H3>
- <H3> CORE Coaching </H3>
- <H3> The Superpower of Balanced Leadership in Unbalanced Times </H3>
- <H6> Keep updated with our latest posts and news </H6>
- <H6> Anytime, Anywhere Learning to Ensure Your Success </H6>
- <H6> Learn more about our online events </H6>
- <H6> From books to apps, use these resources to assist you in your journey </H6>
- <H6> Why we formed CCC & how it can help you </H6>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.



## Keywords Cloud

will 14 core 10 have 10 more 10 coaching 9  
 leadership 9 balanced 7 whole 7 book 7 become 6  
 leader 6 life 6 balancing 5 about 5 learning 5

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.

It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

## Keyword Consistency

Keywords	Freq	Title	Desc	<H>
will	14	✗	✗	✗
core	10	✓	✓	✓
have	10	✗	✗	✗
more	10	✗	✗	✓
coaching	9	✓	✓	✓
leadership	9	✗	✗	✓
balanced	7	✗	✗	✓
whole	7	✗	✗	✗
book	7	✗	✗	✓
become	6	✗	✗	✗
leader	6	✗	✗	✓
life	6	✗	✗	✗
balancing	5	✗	✗	✗
about	5	✗	✗	✓
learning	5	✗	✗	✓

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.



✔ **Alt Attribute**  
⚙️⚙️⚙️

We found 3 images on this web page  
✔ No ALT attributes are empty or missing.

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).  
Also, more information to help them understand images, which can help them to appear in Google Images search results.

! **Text/HTML Ratio**  
⚙️⚙️⚙️

HTML to Text Ratio is: **5.8%**  
Text content size 10958 bytes  
Total HTML size 189012 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by search engines to calculate the relevancy of a web page.  
A higher code to text ratio will increase your chances of getting a better rank in search engine results.

✔ **GZIP compression**  
⚙️⚙️⚙️

Wow! It's GZIP Enabled.  
✔ Your webpage is compressed from 185 KB to 49 KB (73.4 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.  
It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.



 **IP Canonicalization** No your domain IP 50.18.215.94 does not redirect to corecoachingconsulting.com  


To check this for your website, enter your IP address in the browser and see if your site loads with the IP address. Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider. If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

 **URL Rewrite** Good, all URLs look clean and friendly  


Your site's URLs contain unnecessary elements that make them look complicated. A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords. Clean URLs are also useful when shared on social media as they explain the page's content.

 **Underscores in the URLs** Great, you are not using underscores (these\_are\_underscores) in your URLs  


Great, you are not using ?underscores (these\_are\_underscores) in your URLs. While Google treats hyphens as word separators, it does not for underscores.



✔ **WWW Resolve** Great, a redirect is in place to redirect traffic from your non-preferred domain.  
⚙️⚙️⚙️

Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

✔ **XML Sitemap** Good, you have XML Sitemap file!  
⚙️⚙️⚙️ <http://corecoachingconsulting.com/sitemap.xml>

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.  
You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

✔ **Robots.txt** Good, you have Robots.txt file!  
⚙️⚙️⚙️ <http://corecoachingconsulting.com/robots.txt>

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.  
We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.



 **Embedded Objects** Perfect, no embedded objects has been detected on this page  


Embedded Objects such as Flash. It should only be used for specific enhancements.  
Although Flash content often looks nicer, it cannot be properly indexed by search engines.  
Avoid full Flash websites to maximize SEO.

 **Iframe** Oh no, iframe content has been detected on this page  


Frames can cause problems on your web page because search engines will not crawl or index the content within them.  
Avoid frames whenever possible and use a NoFrames tag if you must use them.

 **Domain Registration** Exactly how many years and months  


Domain Age: 5 Years, 261 Days

Created Date: 27th-Aug-2017

Updated Date: 5th-Oct-2022

Expiry Date: 27th-Aug-2023

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.  
Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.





 **Indexed Pages**  


Indexed pages in search engines



This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.

 **Backlinks Counter**  


Number of backlinks to your website



Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.





## URL



`http://corecoachingconsulting.com`

**Length:** 22 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g.,

`http://www.mysite.com/en/products`).



## Favicon



Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.



## Custom 404 Page



Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.



✔ **Page Size**  
⚙️⚙️⚙️

185 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.  
Page size affects the speed of your website; try to keep your page size below 2 Mb.  
Tip: Use images with a small size and optimize their download with gzip.

✔ **Load Time**  
⚙️⚙️⚙️

0.42 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.  
Resources: Check out Google's developer tutorials for tips on how to to make your website run faster.

✔ **Language**  
⚙️⚙️⚙️

Good, you have declared your language  
Declared Language: English

Make sure your declared language is the same as the language detected by Google  
Also, define the language of the content in each page's HTML code.



## Domain Availability



Domains (TLD)	Status
corecoachingconsulting.net	Query Failed
corecoachingconsulting.org	Already Registered
corecoachingconsulting.biz	Query Failed
corecoachingconsulting.us	Query Failed
corecoachingconsulting.info	Query Failed

Register the various extensions of your domain to protect your brand from cybersquatters.

## Typo Availability



Domains (TLD)	Status
xorecoachingconsulting.com	Query Failed
sorecoachingconsulting.com	Query Failed
dorecoachingconsulting.com	Query Failed
forecoachingconsulting.com	Query Failed
vorecoachingconsulting.com	Query Failed

Register the various typos of your domain to protect your brand from cybersquatters.





### Email Privacy

Email address has been found in plain text!



We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.



### Safe Browsing

The website is not blacklisted and looks safe to use.



Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.





## Mobile Friendliness



Awesome! This page is mobile-friendly!  
Your mobile friendly score is 80/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.



## Mobile Compatibility



Bad, embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.





The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.



## Server IP

Server IP	Server Location	Service Provider
66.235.200.145	Not Available	Not Available

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

## Speed Tips

Tips for authoring fast-loading HTML pages:

- ✓ Perfect, your website has few CSS files.
- ✗ Too bad, your website has too many JavaScript files.
- ✓ Perfect, your website doesn't use nested tables.
- ✗ Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

## Analytics

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website.

You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.







## Doc Type

Your Web Page doctype is HTML 5



The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.



## W3C Validity

W3C not validated



W3C is a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to index.

Run the W3C validation service whenever changes are made to your website's code.



## Encoding

Great, language/character encoding is specified: UTF-8



Specifying language/character encoding can prevent problems with the rendering of special characters.



## Social Data

Your social media status

 Facebook: 

 Twitter: 

 Instagram: 

Social data refers to data individuals create that is knowingly and voluntarily shared by them.

Cost and overhead previously rendered this semi-public form of communication unfeasible.

But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.



## Traffic Rank

No Global Rank



A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.

## Visitors Localization

Your website is popular on following countries:



Popularity at	None
Regional Rank	None

We recommend that you book the domain names for the countries where your website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.

## Estimated Worth

\$60 USD



Just a estimated worth of your website based on Alexa Rank.



## ✔ In-Page Links ⚙️⚙️⚙️

We found a total of 45 links including both internal & external links of your site

Anchor	Type	Follow
No Anchor Text	Internal Links	Dofollow
Meet the Team	Internal Links	Dofollow
Unlock Your Potential ...with the Superpower of Balanced Leadership. Apr 01, 2023	Internal Links	Dofollow
You were born with gifts the world needs Apr 01, 2023	Internal Links	Dofollow
You have the power to reduce the Noise around you Apr 01, 2023	Internal Links	Dofollow
All it takes is 20 seconds of courage! Try this really fast technique to blast through barriers. Nov 19, 2022	Internal Links	Dofollow
Feeling Unproductive? Xavi has solutions for you! Nov 19, 2022	Internal Links	Dofollow
Supercharge Your Life & Work! Bonnie Koch & Sharon Seivert will be delivering an exciting new program: Supercharge Your Life and Work. If you're feeling stuck and want to breakthrough to a whole new level in your own life and w...Read more Oct 05, 2022	Internal Links	Dofollow
TA-DAH: We're now on TikTok and Instagram The whole team at Core Coaching & Consulting are pleased to announce that our TikTok and Instagram channels are now active with helpful short-form videos. Check it out. May 30, 2022	Internal Links	Dofollow
RAPID De-Stressing Event Come to our first CORE Community event on June 14 or 15. It's FREE and we guarantee it will be fun! May 21, 2022	Internal Links	Dofollow
At a crossroads? The Balancing Act can help you choose the best direction. Feb 23, 2022	Internal Links	Dofollow
Change... ...is difficult, but it doesn't have to be. Feb 23, 2022	Internal Links	Dofollow
Work in the Zone! For a much more productive 2022, check out the Core Learning Zone programs below. Jan 26, 2022	Internal Links	Dofollow
Announcing the New CORE Learning Zone See the CLZ offerings below that will make you more effective Jan 26, 2022	Internal Links	Dofollow
Stop Procrastinating: Reclaim Your Life! Procrastination doesn't just impact your professional life; it negatively affects all parts of your life. \ Start Blasting through Procrastination -- check out the Procrastination program in the Core...Read more Dec 23, 2021	Internal Links	Dofollow
Transform your Holiday from Anxiety into Fun Join us for this Free & Fun event! Save your spot by registering here. Dec 16, 2021	Internal Links	Dofollow
Únete a nosotros el martes 21 de diciembre ...epara transformar la ansiedad en diversión en estas fiestas navideñas. Dec 07, 2021	Internal Links	Dofollow
Transform Holiday Anxiety into Fun Join us for our end-of-a-tough-year Party on December 21st at Noon ET. Save your spot at Dec 06, 2021	Internal Links	Dofollow
Wishing You a Very Happy Holiday! Please enjoy this story of my family's very first Thanksgiving. Dec 03, 2021	Internal Links	Dofollow
Productivity in the Zone We are thrilled to announce that one of our most popular programs is now available to you to take online, anytime, anywhere, through the Core Learning Zone. Productivity is a challenge for all of us...Read more Nov 09, 2021	Internal Links	Dofollow
Where does The Balancing Act come from? The Balancing Act has many business and intellectual roots. The oldest of these roots is a timeless global template for health & wellbeing found around the world. Because this is an archetype (human i...Read more Nov 09, 2021	Internal Links	Dofollow
Smile! It's a blessing! All you have to do is SMILE (even if you're not in the mood) -- and you'll instantly feel better. Oct 09, 2021	Internal Links	Dofollow
I made a bold decision... ...that I've never regretted. Oct 09, 2021	Internal Links	Dofollow
A Quick Technique to Calm Down Difficult Situations This is a silent healing technique from the Hawaiian tradition. Try it. You'll be amazed at how quickly it calms you down & defuses even the most difficult situations. Sep 28, 2021	Internal Links	Dofollow
You're not Born to be a Leader But You can Learn how to become a great one. Let us show you how. Sep 28, 2021	Internal Links	Dofollow



We're changing the way you become a great leader! Are you ready to start your leadership journey? If so, sign up for one of our programs today!. Check out the upcoming live events and practical online programs below to more powerfully take charge of...Read more Sep 15, 2021	Internal Links	Dofollow
The pandemic has impacted all of us...so what's next? It's time to take charge & move forward, despite the many difficulties of this historical transition. To learn more about how you can better lead your own life and work--OR how you can become a better...Read more Sep 15, 2021	Internal Links	Dofollow
Manage Stress: Pay attention to what your body tells you, then... Put many life-saving one-minute Stress-busting techniques in your own hands with the SOS: Switch Off Stress app. See how here: Sep 15, 2021	Internal Links	Dofollow
Hope you're enjoying these last days of summer Many of the Core Coaching & Consulting crew are enjoying these last summer days on vacation (or stay-cation). We will be back in full swing after labor day with many new offerings for you. In the mean...Read more Aug 16, 2021	Internal Links	Dofollow
Helping Businesses Navigate These Difficult Times Core Coaching & Consulting helps businesses change from the CORE by using The Balancing Act's systemic, holistic strategies to support their leaders, teams, employees, and whole systems. Find out more...Read more Aug 16, 2021	Internal Links	Dofollow
Spring Clean Your MindOnlineApr 19	Internal Links	Dofollow
The Superpower of Balanced Leadership in Unbalanced TimesOnlineEvent Ended	Internal Links	Dofollow
Supercharged!OnlineEvent Ended	Internal Links	Dofollow
How to Manage Difficult PeopleOnlineEvent Ended	Internal Links	Dofollow
Slow Down, FAST!OnlineEvent Ended	Internal Links	Dofollow
Book Launch Party -- Celebrate with us!OnlineEvent Ended	Internal Links	Dofollow
Transform Holiday Anxiety into FunOnlineEvent Ended	Internal Links	Dofollow
CORE Business Helping Organizations, Teams & Leaders Navigate These Difficult Times	Internal Links	Dofollow
CORE Leading For leaders who want to transform themselves, their teams & companies.	Internal Links	Dofollow
CORE Coaching Transformational Coaching to ensure successful career and life transitions.	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
Privacy Policy	Internal Links	Dofollow
Terms & Conditions	Internal Links	Dofollow



The Superpower of Balanced Leadership in Unbalanced Times6 Powers that will Transform you into the Whole Leader People Fearlessly Follow through Good Times and BadThis book is much more than the words on its pages: it is an introduction to a new way of thinking about leadership, one that will provide you with increased meaning, hope, and a wider range of power. It is a logical, easy-to-follow, proven strategy—a road map you can use forever. In includes an invitation to a global community that will support you in becoming the confident leader people trust to bring them safely through our currently unpredictable times. It is a gateway to a wealth of continually growing free resources. And lastly, this little but powerful book contains our fervent hope for your complete success, our desire that you become the whole leader and good person we believe is your true nature...and who the world needs now, more than ever. The expertise in this book is priceless. It will save you countless days, even months, of trial and error because we are passing on to you a treasure-trove of breakthrough knowledge we have gleaned from decades of hard-won, first-hand experience. Our goal is to keep you from going off track by pointing out common errors and specific ways you can avoid them. The road map outlined here is easy to follow, with color-coded icons serving as road signs at each step on the path. Balanced Leadership is both pragmatic and philosophical. You will become a more effective leader in your current role while simultaneously expanding your thinking about what the best leadership practices will be in our post-pandemic era. With the exciting new paradigm of balanced leadership, you will always have as your guide The Balancing Act's logical, elegantly simple, unifying strategy rather than just an assortment of good tactics. (In fact, you can better leverage the good tools you already have within the holistic, unifying strategy we offer here.) Let me suggest that you use this book to jumpstart your new leadership journey today (for less than it cost you for this morning's coffee and breakfast bar). Doing so will ensure that you arrive sooner rather than later at your destination of being the superpowered leader and truly great human being you have long wanted to be. Balanced Leadership will also help you clarify YOUR own way of leading so you can confidently tap into your own unique gifts, become more comfortable in your own skin, trust your instincts, expand your capabilities, and enthusiastically learn what you need from us and many other experts to whom we will refer you. Indeed, if you dive into the instructions in this book, it will be as if you are receiving individual coaching from its author, Sharon Seivert (who charges up to a thousand times the price of this book for her coaching packages). What's more, this book offers you a warm invitation to the global CORE Community where you can have real-time, inspiring, and caring conversations with the author and our international colleagues. We would be thrilled to have you join us. The book will steer you away from common leadership errors and keep you from becoming discouraged as you face one problem after another. As you increase your understanding of, and comfort with, this new way of leading, you will steadily build your resilience, confidence, and even your day-to-day ease. We know that, as a leader, you are already used to handling challenging problems, and that you probably already do that quite well. It's just that, we are offering you this book, so that these daily tasks become a lot easier for you. In Balanced Leadership, you will receive a complete toolkit of six different powers you can use through good times and bad...times when you need to repair damage and re-stabilize so things are in a better place...and times when you could proactively grow yourself, your team, and your whole system to the next level of evolution. As you align these 6 different powers, you will transform yourself into a superpowered whole leader who can more comprehensively resolve complex and confusing issues, especially now, in these unbalanced times. Indeed, this book will show you how to seize the opportunity this in-between time offers so you can transform what could be the worst of times into the best of times.

External Links

Dofollow

While there's no exact limit to the number of links you should include on a page, best practice is to avoid exceeding 200 links.

Links pass value from one page to another, but the amount of value that can be passed is split between all of the links on a page. This means that adding unnecessary links will dilute the potential value attributed to your other links.

Using the Nofollow attribute prevents value from being passed to the linking page, but it's worth noting that these links are still taken into account when calculating the value that is passed through each link, so Nofollow links can also dilute pagerank.





## Broken Links



No broken links were found on this web page

Broken links send users to non-existing web pages. They are bad for your site's usability, reputation and SEO. If you find broken links in the future, take the time to replace or remove each one.

