

Life Coaching

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What does it mean to be a Life Coach?

- More of a 'motivator' or 'sounding board'.
- One who focuses on the present and future – not the past – where are you going to go from here?
- More on goals and behaviors than emotions and emotional patterns.

What pearls of wisdom NOT to give....

- You SHOULD.....
- I've told you time and time again how to deal with this situation.....
- My goodness aren't you ever going to move on from.....
- Pull yourself together....

- NB: There is no 1 size fits all....

Why would you seek out help from a Life Coach?

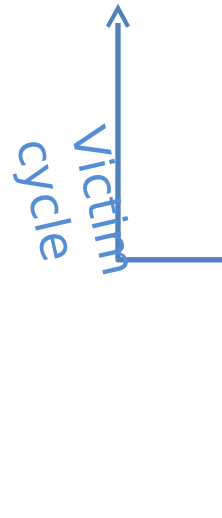
Most frequent reason - people get
STUCK!

- May feel like there is no way through, in, out, under or over.
- Whatever the reason.... relationships, financial problems/decisions, careers, time management, business, health, goal setting...
- Sometimes it just all feels TOO

Process

- Sorting out...what does the client want?
- One method: Wheel of Life questionnaire.
- Plot your results on the wheel of life diagram.
- Immediately see what is happening in your life.

Cycle of Change



Status Quo

The cycle starts here

- Where you currently are in life - externally and internally.
- Your life: career, financial position, relationships, and all the beliefs and patterns that define who you think you are.
- Can't stay here forever - life takes over and things change.

Challenge

Voluntary or Forced

- Can be minor or major.
- Challenge makes it impossible to remain in status quo.
- Many try to resist this change.
- May experience anger, denial, sadness, depression, guilt, regret, fear or confusion.
- Speed with which you come through this stage will depend on how effectively you resolve this emotional upheaval.

Chaos

Means the breakdown of the old structures and certainties that you lived by.

- Ways of thinking and believing that served you before no longer work- can feel confused, scared, and out of control.
- Chaos: the mother of all possibilities.
- Withdraw from life and its usual busyness. Are you open, receptive and quiet inside?
- Feel comfortable when things out of control?
- May be a time to examine everything: from diet, work, relationships, living environment, beliefs about life and

Victim Cycle

- What can happen.....

New Perspective

becoming more receptive to the new

- Gradually feel like you can make changes.
- New meaning to your life – focus more on the future than the past.
- Mental landscape has widened includes things that were not possible before.
- Often a new sensitivity to your surroundings.

13/10/09

• Creative Renewed Rejuvenated

Integration

cementing the changes

- Positive: More likely to have a great release of energy and renewed enthusiasm as you act on awareness.
- Negative: Misgiving -when you put self on the line - can bring up deeper fears and self-doubt. Real issue FEAR!
- Another challenge: How to harness the released energy and learn to apply it consistently and effectively.

Where to from here?

- Life will support you...
- How will your life unfold at this time?
- Return to status quo but it will not be the one where you started previously.

- Ready for the next challenge?.....

Where are you heading?

?