



What is a life coach?

A Life Coach is not a therapist...more than a consultant... and not just a friend. A life coach helps you nurture your personal development and helps bring forth your fullest potential. A life coach is a co-creative partner who is by your side to ask skillful questions, listen deeply, and be fully present to who you are and what you say.

As you work with a life coach, you will develop a deeper vision of your personal goals and what your future might be. A life coach helps you to see your blind spots, and challenge your fixed views, so that you may deepen your connection to yourself and others lessen difficulties, and to help you to unfold into the person that you can be.

Coaching is a medium that is more than a short term means of holding you accountable to accomplish task and goals, and much more about holistically developing new competencies and ways of being which allow for more ease and satisfaction.

What IS life coaching?

Coaching typically takes place on a one-to-one basis, and occurs either face-to-face or can also be successfully accomplished through telephone and e-mail contact. Successful coaching can happen in just one session dependant upon the issue and outcome. Coaching can be short-term, where the coach helps a client create a vision, achieve a specific goal, or complete a particular project; or it can be long-term, where the client wants coaching for a number of projects, goals or visions.

To help people attain the results they want life coaches use a variety of tools. They teach clients to explore alternatives, inspire, act as a sounding board, build confidence and capability, facilitate learning, listen with compassion, develop skills, create ownership, provide a challenge, act as a model, and explore potential. How does the life coach do this? Your Life Coach will ask you powerful questions that will help you focus in on what is most important for you right now. A coach often acts as a partner, providing clients with tools, support, and structure to achieve more than they might be able to do by themselves. The life coach typically assists clients to discover their inner resources and other alternatives which can reduce or eliminate such barriers.

What coaching is NOT.

Life coaching is not counselling and it's not therapy of any kind. In most instances, coaches do not explore past issues. While such "issues" may emerge in a coaching session, a coach is more typically concerned with helping clients to achieve results in the present and the future. A coach does, however, help a client to identify blocks or obstacles by asking good questions and therefore gaining the desired results. This may be one way of acknowledging current realities.