

# The Life Coach

## Book 2

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## Chapter 1: Starting Your Life Coach Career

You have always wanted to become a life coach ever since you were a fetus. And now, after months or even years of preparation and training, you have become a certified life coach. Now what? It seems like you have hit a wall and do not know what to do next. Well, here are some tips and ideas that may get your engine going.

### Target Market

The first thing you could do is to determine who your target market is. Do you want to be a corporate life coach who helps corporate businesses and their employees or do you want to be a life coach for individuals only.

Next is to determine who you want as are your clients. Do you want your clients to be men or women? Age ranging from 25 to 40, 30 to 50, or 200 to 300 years old? These are the decisions that only you can make. It is all about your preference. You could start out by choosing clients who you can work comfortably with. If you are more comfortable working with men, then do so. If you are more comfortable working with women, by all means, do so.

Slowly by slow you expand your targets. You can start life coaching other than those you are comfortable with. You may

have started with men but now you can start with women and try to accustom yourself working with them. You try to become more comfortable.

## **Be Confident**

You have worked hard to achieve what you have achieved and you should be proud of it. Show your self confidence in the kind of work you are doing. You should see yourself as a polished professional that is very effective in the line of work you are doing.

By being confident, you are also building self esteem and more belief on yourself. Once you feel this yourself, you emanate this to your surroundings, environment and other people which include your clients.

## **Market Yourself**

A life coach is not a coach when who or she has no one to coach. As a beginning life coach, you need to market and make yourself known to other people. There are several ways to market yourself especially over the internet. You can write articles and you can even make your own blog site. Content should be about life coaching and other information related to it.

You could also write things about yourself and the services you provide. A tip when writing about yourself is knowing what your strengths and weaknesses are. But you do not want other people to know your weaknesses so you write all about your strength. But one thing you should keep in mind though is to never go overboard as to lie about your weakness and turn it into a strength. The key here is to always tell the truth.

### **Join Activities for Life Coaches**

Every once in a while there will be activities like seminars for life coaches. As someone who is just starting out in this career path, joining these activities will be greatly beneficial.

You can meet other life coaches who have been on the job for years and have had accumulated valuable experience. You can ask them for some tips or pieces of advice regarding your current situation.

## **Chapter 2: Taking A Big Step - Coaching A Life**

At your first encounter of the term "life skill coach" you may think how absurd it is to be able to coach some other persons' life. But it is definitely possible to do that. There is more to coaching than the term it self. A lot of people are in the limbos of their lives now and they need someone to put them back on track and that's what life coaches do.

### **Being The One**

Not just anyone can call themselves a coach and go leading other people. To be one, you have to undergo training of a Life Skill program. Once you are certified to have the knowledge and the experience you become a professional on the field.

There are personal characteristics that are important to be a successful coach. First off, is that you have to be mentally and emotionally stable to help others. You should be able to deal and get along with different kinds of people. You should be accepting to them and is able to express your self clearly to convey to them what you really mean in order to avoid confusion.

It's not that easy to coach, since you would have to be socially detached to be objective but sufficiently involved to be able to "feel with" your client. You must gain a balance between the two

so that whatever comes out from your mouth would not be biased and lead them to some decisions that aren't well thought of.

## **Being The Light**

Coaching does not mean you tell the person what exactly to do in his life. It is more of making him see the different facets of his problem. You help him with all aspects of life whether spiritual, physical, mental, emotional, social, professional and even aesthetic.

You don't answer their problems but instead you ask them thought provoking questions for them to be enlightened and see the possibilities of their situation. It's like lighting up the path for them so that they may see the clearer picture that they are in. You help them achieve their goals and dreams, but that doesn't necessarily mean that you do it for them.

You aren't their attorney, doctor, maid, professor beautician, priest, accountant, fitness trainer and the likes. You don't do therapy either. You play a much different role from the list. What you do is help your clients make sounding decisions in their lives. Recommending clients to other professionals such as those above is done too in the case that they need to see one.

## At The End

Once you have successfully coached, it may not seem obvious to you but you actually have given your client skills that he needs in life. They get to think more effectively and make decisions wisely than before. You also give them a sense of companionship throughout their struggles. This companionship is basically enough to keep them holding on but you give more than that.

They achieve self-awareness and a sense of fulfillment. They acquire a balance of the different aspects in life that used to be like an unsolved jigsaw puzzle for them. All of these are possible because of their participation and the little nudges you give them to bring them back to their personal tracks in life.

There's nothing comparable to the fulfillment you get in helping out others at the same time its not that easy for you either. Are you ready to coach a life? Now it's about time for you to make the decision!



## Chapter 3: Faith: The Invisible Life Coach

### Maslow's hierarchy of needs

There are times when we are at our lowest and become desperately in need of all the right answers. Even how much we try to think straight, we are just so overwhelmed by our troubles that we allow it to just fade us away from our capability of being a thinking being. We succumb to the woes of despair when we have nothing supporting us.

We lose belief in ourselves. We need someone or something to bring us out of the dark, lest we yield to death. When all else fail, we are held by one last effort to preserve our sanity. An entity we can not even see or touch or hear, we call it faith, the invisible life coach.

We are dependent on many things in order to live peacefully and in harmony of ourselves and with others. According to Maslow, a theorist during the 2nd World War stated that there are levels of motivation which drives a man to be productive and positive.

Humans start with the basic Physiological needs like food and shelter, then seeks safety with socialization, then seeks love and belonging from the social group, then proceeds with self esteem security from the outcome of the previous three items, then reaches the pinnacle of harmonious human thinking which is self-actualization, being able to integrate all the areas of needs

into the self.

It is true that man has a way to gather these needs and actually make it his basis for self contentment, but one major flaw in this is the possibility of a deficiency in getting all these which results to a breakdown of the whole hierarchy of needs and puts the person back in the shadows of gloom.

Though the first five needs are ever present for the individual to gather and integrate, it needs a binding base and a holding top layer. Whenever the hierarchical needs crumble, the person can still hold on to a thin but durable layer to work his way back up, and when he is able to reconstruct until self-actualization, he is able to hold it in place with the same layer.

This is where faith comes in. A sturdy belief in the unseen and believing that it will keep sanity in place is something more than self-actualization as it goes beyond normal human thinking and tangible comprehension.

### **The souls alternate type of fuel**

We have learned to rise above the ashes time and time again. Others may have failed and allowed themselves to be destroyed totally. Yet until we are breathing, we have the capability to turn things around and hurl ourselves back into wellness.

We are given a mind to think of what to do, a heart to keep us strong against pessimistic events, and a body to perform the necessary actions. The soul is the collective being of our mind, body, and heart. It can still exist with a lack of the other, and is seated in the mind.

This altered existing entity no one sees drives each one of us to simply exist. We do not see, hear, hold, or comprehend it, but we know it is there. We know that each of our souls need its own motivation, and it needs a fuel which is ethereal to suit the ethereal life of our spirits.

Faith, among all others is the belief that we could hang on to when the material world fails us. Faith is the food to our soul to keep our most basic existence in place, may it be with something, a deity, or any other unseen object. It participates in our day to day living just like a life coach, only this time; it is invisible, yet stronger than any other life coach that we may encounter.

## **Chapter 4: Life Coach Specialization**

There are different forms of life coaching available to meet the needs of their clients. As a life coach, you can specialize on a certain field that you think you would do best. Each field is unique from each other, but interconnected too. Sometimes, you have to integrate one field to the other to make your coaching successful.

### **Relationship Coaching: Dr. Love**

This involves helping your client deal with relationship issues in their lives. May it be a past love, present relationship, or even making decisions on choosing a life partner. A lot of people nowadays have love as their biggest problem. Teenagers and adults of all ages have this waterloo in their lives.

This type of coaching does not only include romantic relationships. It may also tackle family, friend, colleague, and neighborhood relations. The client is made to realize that keeping the quality of relations to other people is important for their own personal growth.

### **Business Coaching: Doing It The Professional Way**

Here, you help your client to become successful in their business

life. You help them make decisions that are vital to their advancements. Clients in this area probably face problems such as lack of confidence on themselves to run their business or to face the problems they encounter regarding the field.

As a coach, you help them see the clearer framework of the business world. You suggest on strategies for them to evolve into a confident and successful businessmen. You can help them start a business, take it to the next level, advertise effectively, finance wisely and set their priorities.

### **Management Coaching: Creating A Leader**

Here, managers are the most common clients. They are coached on how to be effective and efficient managers. You coach them to hone their leadership skills to the fullest. They usually face problems on decision making, relating to their inferiors, co-workers and superiors. In the end, they are able to cope up with the stresses of having a managerial position.

### **Spiritual Coaching: Uplifting The Spirit**

This field deals with the less materialized problems. It involves uplifting your clients spirit, may it be religiously or not. It can be beneficial not only to the client but also to the coach. The product of a renewed spirit waits in the end.

## **Life Balance Coaching: Learning To Juggle**

Clients who need to know how to balance all those different aspects of their lives whether physical, emotional, social, business, academic and the likes, usually need someone like this. They get to learn their priorities and see clearly what is really important and what truly matters in their lives.

## **Health And Fitness Coaching: To Live A Long Life**

Clients that have health problems, most commonly weight problems enroll in this kind of program.

As a coach, you do not play doctor or a fitness trainer here, but instead you'll be the one to refer them to one. You are there to motivate them to make changes with positive effect on their lives and keep them going until they reach their goal.

Being a life coach means aiming for the holistic development of your client. So whatever form of life coaching you are in or planning to go into, remember that you shouldn't forget to look at the whole picture and see whether there are problems in those other areas of your client's life.

## **Life Coaching Through Experience**

### **Everyone is in a Routine**

Morning breaks, people start their routine, businessmen begin thinking of the day's itinerary, students begin packing their books, others think of anything under the sun, and even those without anything to actually do stand by and wait whatever happens. One thing is common among all these: they are waiting for something to happen for them to react beyond their routine.

It wouldn't be a surprise if ever the events in their lives would have a change in their way of thinking, or if the events would just be a normal occurrence for them to shrug off and move on. These events will be experiences, and these events would be life coaching for them.

### **When Dire Events Become Life Coaching Events**

The normal routine for people to go about and do what they have been accustomed to do may not bear any weight in their character building since it becomes automated.

However, given a situation where a bomb explodes, a car collides, or even be in an accident because one has been so busy crossing the street holding a cellular phone and talking instead of concentrating on crossing would definitely be traumatic

enough to teach a lesson to the individual.

Unexpected events become life coaching incidents, especially if it teaches people what to do to avoid being involved in an unfortunate accident.

### **When Rewards Become Life Coaching Events**

On the same note, when a person is rewarded by something he did or contributed, and the reward is significant enough for that individual to cherish, there is a tendency that the individual will keep in mind what things are supposed to be done to be rewarded with the same thing. Life coaching in this manner is done by inputting certain actions for rewards and keeping in mind that good things come when certain actions are done in a situation.

### **When Experiences in General Complete the Life Coaching Process**

So throughout the day, a person may encounter both positive and negative events. Some may have so much good events and rewards that it boosts his self-esteem, and it becomes his motivation and drive to do even better. Some unfortunately get more negative events and ill-timed occurrences that it may demoralize the person and lose interest in what he is supposed to



do.

Life coaching process in this manner is a double edged sword and is dependent on the person's mindset. A person who is passive may succumb to hopelessness when faced with negative events, while proactive people are challenged to overcome it.

A person's mindset is an incomplete life coaching method since it depends on the previous attitude that he was brought up to be. This is but a small problem since there is an easy solution for this to help the individual cope up with it.

This is where supplemental life coaching from people and professionals are needed. These supplemental life coaches will enhance the positive and proactive mindset of the individual in order for him to look at things positively even if faced with a negative one.

Experiences are good if the person has been molded into a proactive and optimistic person. Nonetheless, being optimistic and having a good life coach perspective needs a constant maintenance of both experiences and supplemental life coaching from other people.

And that is why socialization experience is also an important form of life coaching.

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