

# The Life Coach

## Book 1

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## **Chapter 1: Becoming A Life Coach**

Becoming a life coach is not as easy as it seems. And the truth of the matter is, life coaching is not for everybody. A person needs to possess some particular characteristics or traits required before he or she is considered to have the potential of becoming a life coach.

### **Why A Life Coach?**

Why indeed do people want to become life coaches? There are two possible answers to this question. First is that being a life coach is very rewarding when talking about money. If you are an effective life coach with a constant stream of clients flowing in then you can rake in a lot of money.

The second answer on why people want to become life coaches is that life coaches can get a feeling of fulfillment and satisfaction. As a life coach, you have the ability to make lifestyle changes on your clients. You can help them develop and improve. You become a part of your client's growth and achieve great results in his or her life.

### **Characteristics of a Potential Life Coach**

As have been stated life coaching is not for everybody. A person must have certain qualifying characteristics for him or her to be

able to become an effective one.

First and foremost, the most essential characteristic of a potential life coach is the eagerness to help people. In the job of life coaching, a genuine urge to help will be very important for the effectiveness of life coaching. Without this eagerness, a life coach will just easily lose patience and give up on their clients.

Second, a potential life coach must be a good listener. If you are the type of person who talks and talks 24/7 then life coaching is not for you. As a life coach, it is very important to listen to your clients. You will get all the information that you need through your conversations and if you do not know how to listen, then you will not be able to make an effective program for the client.

Third, a potential life coach has the characteristic of the willingness to be trained. A person can't just become a life coach just because of his or her eagerness to become one. A life coach will have to undergo several trainings to be able to learn different methods that can be utilized during sessions with clients. The training process takes time and may take some fair amount of money.

## **Your Future As A Life Coach**

If you fit all the criteria above then you have the potential to become a life coach. So what is in store for you when you become a life coach?

Monetarily speaking, life coaching is a good source of income. Being a life coach is a very lucrative business. In fact, a lot of people make a living out of being a life coach. But before taking that leap there some things you should consider:

- Is it worth leaving your current job and become a full time life coach?
  
- Can life coaching maintain your current way of living?
  
- Are you willing to take the risk of running your own business?

These are the 3 questions that matter before becoming a life coach. But if life coaching truly is your passion then by all means do not let anybody stop you and soar high.

## Chapter 2: Life Coaching – On Intelligence

Life coaching is a relatively new method of helping people to achieve their goals. Some use it for business while some use it for personal gains. Nevertheless, the endless pursuit of human achievement and contentment has proven a very important thing to ponder.

Man has ever been in constant inquiry of what to do in life, finding a reason of existence and using words of wisdom to live by. Sages and wise men have sprung from the center of civilization, imparting declarations of thoughts for other men to inculcate in their way of living.

One of these wise men is Takeda Shingen, a well known samurai of the mid 16th century. He focused on the mere existence of a human being as a thinking being. In one of his famous lines, he said Intelligence is the flower of discrimination. There are many examples of the flower blooming but not bearing fruit.?

This gives rise to a concept reaching beyond mere intelligence of man just being able to think clearly and do the right responses in adherence to society. The intelligence he speaks of is a proactive intelligence, a type of intelligence in which humans are able to go the extra mile in using his mind. This is the kind of intelligence wherein man is capable of applying his knowledge and having that imparted thought bear fruit.

Man here is tasked to have an objective of being productive. Many people think well and think fast and straight, but many fall short of thinking why he is thinking over something. Had it been that people use their minds and help others think better as well, then it becomes quite different. There is now a co-active coaching done and that both help the helper and the beneficiary in terms of learning from each other.

### **The Modern Samurai**

Whenever someone thinks of a samurai, one can not help but conjure a thought of lightweight armors, sword fighting, and honor system, all of which is in preparation of the upcoming battle. The enemies are always present to bother and pester, but the thought of being prepared for battle and meditating that each day is a day to die makes the samurai a strong person emotionally and spiritually.

Modern times include all the people from all walks of life, living in this contemporary setting where almost everything is automated and makes manual labor almost non-existent. Because of this, the people are pitted to use their minds in order to survive this competitive world where even friends have the tendency to out learn and outmode other friends.

A modern man who thinks that he should only interact and complement the society's demands definitely needs proper intelligence to communicate. That man may have thought of the

right idea, but the real question now lies as to how they would implement it in their lives and to be good sharers as well.

Like a samurai who is a servant to his master. He is guided by his principles to maintain his honor. The modern samurai is a person living amidst technology, serving his own type of master: himself. Without application of his intellect, he will still be able to serve others but will not be able to find any meaning to his existence and why he is doing something for others.

He should first learn how to serve himself to know that the self has been taught. How can someone coach others if he cannot learn to coach himself first? That is the way of the modern samurai - learning to help the self to be aware how to help others.



## Chapter 3: Coaching for Life

### The Social Thinking Being

Human beings are social beings, living out each of their lives in the company and presence of others. There is no known claim that a person can live on his own without degrading himself less of a human being. Each person, being social as he is interacts with the people he comes into contact with.

The normal process of learning would be for each person to impart something, a thought, a practice, a belief, a philosophy, or the mere absence becomes the learning experience for the other to start seeking for answers to be properly integrated into the self.

Throughout the lifetime of a human being, he will be able to share himself and be shared with by others. The influences that subtly change a person into what he is during the present is what he got from coaching for life by those he had been with.

Coaching for life is quite simple to comprehend. It is the way an individual's personality having an effect with those people in his environment. The closer they are physically, and socially will probably have a greater impartment and thus would have a greater change in the attitude and behavior.

Though not necessarily impertinent in the sense that it overshadows another person's fundamental behavior, it deviates

and shifts the behavior of a person. It becomes a two way process for the involved people, and a two way process to the individual.

## **The Paired Two Way Process**

Coaching for life could cause either positive or negative results to the other individual. The same goes for that same person by the people around him. Depending on what is more influential; a specific mindset is subjected to a myriad of possible outcomes in terms of belief, attitude, and philosophy in life.

Morality is only a supplemental factor in determining what type of person arises from the many interactions he may get throughout his lifetime.

Like a river run dry, any new rainfall will definitely fill up the dry riverbed, but the water that would fill the riverbed may be murky due to the accumulated dirt when it dried up. Over the course of time, water coming from the mountains, filtered and cleansed will start to replace the murky water that once occupied it.

Our characters are analogous to this dry river bed. We are always an empty vessel in constant need of social interaction and the quality of character building depends on the people who carry the "water" that would fill us. Coaching for life is an essential part of staying human, being able to think, feel, reason

out, and take action with the events that come our way.

## **It Never Ends**

Even those who have physically passed away still have their philosophies immortalized by those who have been affected deeply. Coaching for life may extend beyond the grave through the legacies these dead personalities leave behind for others to ponder upon. A classic example would be the teachings of faith by Jesus Christ, Mohammed, Buddha, and similar religious entities to their followers.

Several hundreds, perhaps thousands of years have already passed and yet, their words and teachings are still kept as guides for spiritual growth and personal contentment.

Coaching for life for these personalities have been immortalized to such extent because of their great impact to the people who accepted their philosophies and beliefs as their own.

## **Chapter 4: Driving Your Life On Its Way To Its Purpose**

People live to exist and with existence along comes purpose. It is that one inevitable thing that every one yearns for. It is usually the only thing that is left missing in a lot of people's lives. That's why a lot of people now days cease to live their lives, and the main reason is? They don't have a purpose to do so.

You may think that finding that sole purpose in life is very much impossible. Then if that's the case, you better think twice. There are ways to find what you are looking for if you look at the right places. It's not that easy to find that purpose, but it is possible and having a life purpose coach would be of great help.

### **Defining Roles**

In this kind of coaching program, you are able to sort out your life and seek out your purpose. It won't be your coach who will find it but of course it would be you, because you are the only one capable of doing that, but you would need your coach to guide you through the process to see a clearer perspective of things.

### **No Arrows To Lead You**

Sometimes you may feel that you are lost. You do daily tasks

and activities just out of routine. There's a big intersection ahead of you and you don't know which direction to take or pursue.

In situations like these, your coach would be your guiding path. He would let you see the different routes you can take, the pros and cons of each direction and your means of going through that path.

### **When Everything Gets Stuck**

On moments that you feel you are stuck with your life. When all aspects have seem to be successful yet there is no feeling of contentment or fulfillment at all. When you think that there is no more steps to take, your coach will be the one to show you that little extra step you need in finding what you are looking for.

### **Being Who You Really Are**

Purpose is not dictated by the things that you do. Each of us has our own, and this is in our system from the day we are born. Sadly, a lot of factors in our lives are culprits on why it got lost. Factors such as family, peer, social, academic and even media influences us and makes us be unable to find our point of living.

Here, you get to honestly appraise your life and see what factors are over shadowing that purpose in you. In the process you get to know yourself even more. You see in a new light your beliefs,

joys, sadness and what matters the most. It can be a scary process but in the end you get that enlightenment like no other.

You will be able to see what matters most. You get to set your real goals and aspirations. In a gradual process led by your coach, you can achieve them in no time.

Your inner dreams and real wanting in life could be revealed and trying to achieve that would lead to that sense of contentment for you. A new lay out of your life will be formed and this would bring you back the joy in living. That excitement that was lost would be found once again and you can start existing the way you are supposed to!

## **Life Coach 101: How to Be A Life Coach**

Being a life coach can be one of the most fulfilling jobs in the world. You can help people with their lives and make money at the same time. But being a life coach is not an easy job.

A person aspiring to be a life coach needs to have proper training as well as the heart and determination to help people. For those who want to be a life coach, here are some tips and pieces of advice on how to be a life coach.

### **Definition of Life Coach and Life Coaching**

You may already have some personal ideas of what a life coach is and what he or she does. Some information of this may be true and some may be not. To remove any misconceptions of the job of being a life coach, it would be good to learn what a life coach and what life coaching really is all about.

Life coaching is rooted in the methods of executive coaching which were derived from techniques that were developed in leadership training and management consulting. It also forged its principles from different disciplines like psychology, sociology, mentoring, career development and positive adult development. Because of these though, it has been a misconception that life coaching is a kind of therapy but is actually not.

A life coach is someone who practices life coaching. He or she

is someone who helps other people determine and achieve their goals. They use different methods to do this. Methods of life coaches include behavior modification, behavior modeling, values assessment, goal setting and more. They may also modify existing methods depending on the client to make the coaching more effective. Again, life coaches should not be considered as psychologists or therapists.

### **The Willingness To Help**

One of the most important traits that an aspiring life coach should possess is the willingness to help people. If you are just in because of the financial benefits of life coaching then it would be better to look for another job or business. In life coaching, you should always think of helping first before thinking of the profit.

### **Communication Skills**

Life coaching is communicating. In this job, you will always be interacting with people of different behavior, attitude and backgrounds in life. As a life coach, it is very important that you have good communication skills. You should know how to convey the ideas that you want your clients to hear.

Communication skills is not only about talking and conveying your ideas. It is also important for a life coach to know how to



listen. In this line of job, listening is a skill that is critically important for its success.

## **Undergo Training**

The willingness to help and communication skills are definitely crucial to possess but they will not be enough. As has been stated in the definition, life coaches make use of different methods to help their clients. Of course these methods will not just occur to anyone.

As an aspiring life coach, you need to undergo different training programs as well as related seminars. This will provide you with the skills on how to help your future clients. With the help of training, you will be armed with the tools of the trade.

These are the 3 most important things you should consider on how to be a life coach. And not just any life coach but a life coach who can effectively help other people.

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