



10 Compelling Reasons To Use A Life Coach

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The coaching relationship is unique and powerful. It is difficult at the best of times to be truly objective about business, family, life and relationships. The best leaders and the strongest personalities employ a coach. It is not a sign of weakness. It is, in fact, a sign of strength. Those people who are open to growth, learning and change are destined to be successful in many if not all aspects of life.

Mario Lemieux took Sidney Crosby into his home and family to help him develop the patterns needed to be successful in professional hockey and with his personal life. It is so difficult to be in the media 24 - 7 and still maintain some semblance of a balanced life. One might say that Mario was simply protecting his investments in the Pittsburgh Penguins; however, doesn't it make sense to give back and support others. Bill Russell and Kareem Abdul Jabbar were supported by John Wooden, not just as a coach, but long after their professional careers with regard and respect for their personal lives.

Coaching isn't just about athletes. Jack Welch who guided GE through its "electric" years always used numerous coaches for a variety of issues. Rudolph Giuliani, the former Mayor of New York City, used a number of coaches for political support and for personal support. The best of the best use coaches. So why shouldn't you and I?

Personally, I have, still and will always seek out coaches—some are paid coaches on specific action plans and yet others are free to help me with more open-ended



issues and direction. The following are significant and compelling reasons to seek out a Coach.

- 1. Orientation For Results**—A good (well-trained) coach can help you move further and faster than you ever imagined possible. When it comes to clarifying and defining a goal set, it is so helpful to have fresh, objective eyes to help you be more objective about action planning. A coach helps you to set the bar high, beyond your fears and limitations. A coach also helps you plan how to overcome obstacles and challenges.
- 2. Open To Learning**—The Johari Window, referenced in an article called "Bounded Rationality," talks about our inability to see things clearly. We are often too close to the issue and are blinded to possibilities. A good coach can help you access new relationships, skills and knowledge. Connectivity is one of the key elements to successful business and personal relationships.
- 3. Open To Support**—Be open to learning as one aspect; but also, be open and honest with another person (coach). This can be intimidating and fearful. The process of self-discovery, unfolding things that may not be obvious to you, can be difficult. It is often necessary to set the foundations for forward thinking and planning. Who are you really? In one of the Peer Mentor.net articles, one CEO described a process of "hiring for character." If you have a good sense of who you are (of good character) and where you are going (acting with integrity), then it is much clearer to make better plans for the future. It isn't just about doing the "right things," but also about doing "things right."
- 4. Open To The Truth**—Learn how to be honest with your "self." Humans have this tendency to rationalize away whatever happens or has happened. Then we have a tendency to settle for less than what is possible. Humans also have a tendency to resist change because of the "fear of failure." If we don't try, then we can't fail. Leaders, through careful planning, step up to the plate and swing away (baseball metaphor). If I don't swing, I can't strike out; however, I also cannot hit it out of the park. Sometimes the truth hurts and we are averse to pain. On the other hand, there is no substitute for hard work, perseverance, trial and error and sometimes simply listening to the truth so that we can attempt to make sense of it.

5. **Place High Value On Relationships**—In the book, “No Man Is An Island” by Herman Melville, he talks about the social nature of man and how we need each other socially. Man was not meant to be alone, although there are times when being alone is welcomed. All of mankind in varying degrees need companionship, partnership, family, social connections, business connectivity and community relationships. There is a normal, universal human capacity for love and relationships that needs to be fostered and carefully sustained. A coach can help to sort out what, when and how these connections can be managed and developed appropriately.
6. **Ready For Action**—Be ready for change, willing to listen and receive fresh ideas. This openness sets the stage for action. Once a problem is understood, solutions become more clear, and then action feels like the necessary next step. Gain the knowledge, the understanding, the skills. Then take the action that builds self-esteem. Make effective choices and choose the most appropriate action that leads one forward. Be ready for action and then willing to act on that action. This sets you apart from others. Be a willing to take action. Be serious and intentional about action. A coach can help you feel empowered to begin a plan and process for success through action planning.
7. **Take responsible, proactive action**—Learn how to be more responsible for the quality of your relationships. Gain control over the creation of the kind of relationships you want. Learn how to problem solve and be proactive in the development of relationships so that you are in control. An effective coach helps you to continually discover and implement new and more fulfilling possibilities for your life and relationships.
8. **Live Authentically**—Effective coaching helps you to identify and live the life you really want. Living authentically is about learning how to stay centered with your values, thinking critically about who you are and then living with character that has integrity (where your behaviours match your values). All of life’s challenges and distractions will be put into check as you move toward this higher path of integrity.
9. **Seek Fulfillment**—Because you are worth it, one must actively seek fulfillment. You do not want to settle for less. Effective coaching can help you see your strengths and weaknesses more clearly so that you can



maximize your human potential. Good coaching can help you objectively weigh risk-risk scenarios, by-pass unnecessary risks, and challenge those areas which offer risks that may lead to future success possibilities.

- 10. Seek Total Life Balance**—Creating and maintaining balance in work, relationships, family, personal life, physical health, emotional and spiritual health are key to sustaining long range balance. Often there are many conflicting choices that lead us astray from life balance. Effective and affective coaching can positively support in achieving balance with all these opportunities.

For free consultation, contact Peer Mentor.net either by email at: admin@peermentor.net or by phone: 1 (519) 745-8543. The first hour is free. All conversations are confidential. Our coaches are professional, trained, accredited and bonded.

**A coaching relationship can create a powerful
change for personal growth.**

Take action now and change a life—yours.

