

Life Coaching

Life coaching.

A Life Coach is about "People Helping People." At first, a coach was someone who supported athletes with a sport; however, coaching has diversified. There is a proliferation of people calling themselves coaches and there is an ever broadening sweep of what coaching entails. It soon became interchangeably used with the word mentor as more and more coaches drew upon the social and behavioral sciences for techniques of support. Eventually, Life Coach became the term to encompass your personal, physical, spiritual, emotional, familial and working self.

Coaching is an on-going collaborative partnership built on taking action. People hire a coach when they are making a career transition, starting a new business, feeling dissatisfied, re-evaluating life choices, or simply looking for personal and professional breakthroughs.

How To Select A Life Coach

The first step is to work out exactly what you hope to achieve from any coaching activity. Write down a topic or some goals that you would like to pursue. Then decide who could best help you in that process.

Tips for selecting a coach:

1. Does the coach belong to a professional body and is he/she supervised?
2. What is the coach's experience and is he/she qualified or certified?
3. Does the coach have a track record of success?
4. Does the coach have relevant business or industry experience?
5. Does the coach have a clear coaching process?
6. Does the coach use proven coaching models and approaches?
7. Does the coach ask you to clarify what you want or expect from the coaching process?
8. How does the coach monitor progress and quality?
9. Does the coach have rapport building and personal skills?
10. Does the coach fit in with your organization?