

Working with a Life Coach



Background

It's becoming more and more common these days for people to choose to work with a Life Coach when experiencing or initiating a period of significant change.

This can include situations like; divorce, separation, contact issues, dealing with stress, confidence, career change, as well as many others.

Is it therapy or counselling?

No. The starting point for coaching is that you're emotionally well and that you already have all the resourcefulness you need to make the changes in your life. Coaching will focus on what is happening now and what changes you want to make in the future.

How does it work?

Coaching can take place either over the telephone or face to face. You'll have an initial meeting with your coach during which you'll talk about what's happening currently and what you'd like to change. If you already know the outcome you want, then you can set some goals with the coach to work towards it. If you can't see the wood for the trees, then you can spend some time with your coach working out where your priorities lie and what direction you want to move in.

What's so special about coaching?

Most conversations you have in your life will include something of the other person's agenda in how they respond to you. Your coach will have no opinion or judgement as to what you should do and will simply create a space for you to decide what you want and how you can achieve it.

Your friends and loved ones can protect you by telling you what they think you want to hear, or will stay silent through fear of upsetting you. Your coach will work with you to create an environment of trust that enables you to step beyond any self imposed limitations and create the change you want for yourself. All the time encouraging you to achieve your goals and holding you accountable. Your coach will tell you when you're kidding yourself or selling yourself short. They'll be 100% in your corner supporting you to achieve your goals.

What does it cost?

Cost will depend on whether you choose face to face or telephone, and the experience of the coach you choose. Expect to pay around £150 - £200 per month for 90 minutes of coaching, normally consisting of two 45 minute sessions or three 30 minute sessions per month.

What should I look for in a coach?

Find a coach who is happy to talk to you about their training and qualifications. Look for membership of a regulatory body such as the International Coach Federation (www.coachfederation.org). Ask them how long they've been coaching and how many clients they've worked with. Many coaches will offer a free sample session for you to experience coaching for the first time, without obligation.