

## Life Coaching: Is it for you?

**"Whatever you can do or dream you can, begin it!  
For boldness has genius, power and magic in it."**  
*Johann Goethe*

Life Coaching is a process that is different from consulting, mentoring, advice, therapy, or counseling. The coaching process addresses specific personal projects, business successes, general conditions and transitions in your personal life, relationships or profession.

With a life coach you will examine what is going on right now, clarify the obstacles or challenges you face, and choose a course of action to make your life be what you want it to be.

In a coaching relationship, you can:

**Recognize and activate your potential:** A life coach can assist you with various self-assessment instruments and guide you in the discovery of your wealth of capacities.

**Achieve your goals, dreams and objectives:** Define and refine your vision. A coach will help you identify your passions and your greatest calling. Dreams can come true.

**Design plans to catapult you to where you want to be:** Discover who you are and what you want. A coach will partner with you in solving problems and overcoming barriers to reach your dreams, goals and objectives. When you do this work, you will get to where you need to be.

**Take action, more than you even dreamed is possible:** The synergy between coach and client catalyzes incredible change. A coach supplies accountability, support and perspective. You may find the impossible becoming possible.

## Wheel of Life

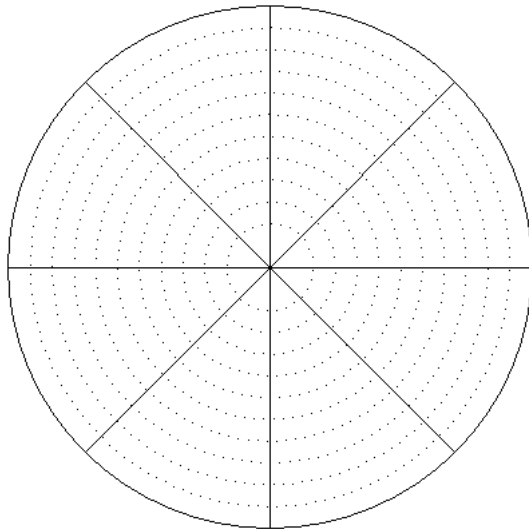
Take a few minutes to complete the table below, then place your rating in the Wheel of Life to give you a quick picture of what your life 'looks' like, its flat spots and highlights.

**Step One:** In the table below identify the eight most important things critical to you in your life. Pick from the list or add elements for yourself to total eight.

**Step Two:** In the table for each element, rate your level of satisfaction from one (lowest) to ten (highest)

**Step Three:** On the pie shaped diagram (the Wheel of Life), label each pie with one of the eight elements opposite the segment.

**Step Four:** Within each pie piece (i.e. for each competency), mark the arc in the circle corresponding to your Rating (1 to 10). One is in the center of the circle.



<u>Competency</u>	<u>Rating (1-10)</u>
<i>Physical Environment</i>	
<i>Career</i>	
<i>Money</i>	
<i>Health</i>	
<i>Friends &amp; Family</i>	
<i>Life partner</i>	
<i>Personal Growth</i>	
<i>Fun and Recreation</i>	
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# Coaching Examples

1. *To stretch and risk, move to the next level of performance:* We will push ourselves outside our comfort zone with the support of a trusted coach. This is how we get better at what we do.
2. *To build relationships:* The relationships of the people is the human glue that holds the people together. A coach helps us get to really know other people and ourselves.
3. *To develop emotional Intelligence:* A new measure of capability that has to do with being able to handle situations with compassion through self-awareness and self-discipline. We live better as we cultivate emotional intelligence.
4. *To receive feedback:* This ranges from active listening to formal assessment tools and reports. Feedback enables you to create development plans that achieve what you want sometimes through behaviour modifications.
5. *To develop commitment:* Commitment comes from re-examining goals and values from a holistic approach. How do we keep balance and harmony in all of these areas?
6. *To be more effective in communication:* The gift of language is our most powerful tool. Know how to make listening and speaking create the results you want.
7. *To increase personal power:* Where does it come from outside of knowledge? How do we tap into our own deep inner resources and resiliency?
8. *To tap into our passion:* What is it and what is mine? Some think passions are those things we love to do. Others say our passion is the expression of our own unique great gift. Making it available in the world is our reason for being, our passion. What is the legacy you want to leave behind?

Well, if you have come this far, maybe you want to know more about Life Coaching and how it might assist you? Drop around The Men's Centre or call at the address below.