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Foreword

A life coach, or life skills coach, as they're occasionally called, is basically a personal trainer for your life. As the name connotes, these personal coaches work with persons to better assorted areas of their lives.

Depending on your circumstances and how you decide to work with your coach, they can take on a number of roles. These may include motivation coach, personal development coach, executive coach, small business or career coach, or relationship coach.

Read further for some details on what to look for in a life coach.

The Life Coach

Finding the right people who will guide you to success in every aspect in life!

Chapter 1:

Life Coaching Explained

Synopsis

Basically, your coach is there to inspire and motivate you to do better, in a particular way. Commonly, you choose the areas that you want to work on (objectives), and your coach works with you to arrange change.

Are You Ready For A Life Coach

A lot of coaches will offer a free coaching session from time to time so that you are able to get a feel for how they set about things. This allows you to not only to give their services a trial run coaching session to see if you are ready for it, but likewise to try out the individual coach and see if you "get" their style or not. There are examples like Tony Robbins who offers a program that you are able to do at home on your own. Make sure you understand however that Working with a coach over the phone or in person has a level of accountability to it. When you take a course that requires you to work on your own, you'll have to make sure that you follow through on your own.

Bear in mind that most individuals who purchase books and courses of this nature either never take the course, or never act on it! Do not be one of those individuals! Action will set you apart from the bunch every time! I've taken a course and followed through with spectacular results, and I know that it takes dedication... if you're ready to be your own life coach at home.

A few folks who have been successfully coached wind up pursuing a career as a coach themselves. If this fascinates you, you may want to have a look at a system for developing a coaching career. So, who knows? If you like being coached, you might love coaching as well!

So, if you're in need of a change, or prepared for a change... or if changes have happened to you that you did not expect... get a life coach! The biggest, most highly respected and highest paid athletes in the world have coaches, why don't you?

Who can be served by the services of a life coach?

1. Those that recognize that they can be and do much more.
2. Those ready to make a huge change in their lives, or who have just made a huge change and need help coping.
3. Those who want to better their jobs, their businesses, or their relationships.
4. Those who have sustained a loss, such as divorce or a failed business.
5. Anybody wanting to shed old, ineffective habits in favor of new more effective ones.
6. In brief, anybody wanting to improve!

While a few coaches have specialties, and they all have their own style, they typically work with all types of individuals on several fronts. One word of caution, though... you must be ready for this. Your coach will challenge you to do things that you usually may not do. Why else would you pay them? After all, if you could do it yourself, you wouldn't need a coach!

Chapter 2:

Know About Pricing

Synopsis

How do you choose a life coaching program when there are hundreds out there available and at different prices?

The Costs

Professional individuals, small business people, entrepreneurs and entire corporations, are hiring coaches to help guide them in fresh direction. Life coaches are utilized to aid an individual in improving their personal and professional lives. Life coaching is designed to assist persons in expanding their abilities and better their lives. During a life coaching session the life coach guides the professional to examine themselves and work on plans to better their faults or shortcomings. Are you interested in a life coach but worried about the cost? The fees for a professional coach may be higher than you might think but generally with a little leg work you are able to find a professional coach in the price range you are able to afford.

Pricing for professional coaches will differ from one coach to another. Individual coaches ascertain their own pricing, there are no laws covering life coaches so the costs that are charged are based upon what the market might bear. You might find some life coaches might offer a package deal or particular pricing to deal with a particular item or process. You might also find life coaches who offer decreased pricing on life coaching phone consultations or even life coaching thru email. When you decide on a life coach, spend some time with your new coach talking about their pricing so that there are no surprises when you get a bill.

More experienced and accomplished coaches are more probable to charge a much greater fee. You are able to expect to spend up to 200 and 50 bucks per hour for an experienced life coach but you'll frequently find that it's well worth the money. It is not advisable to settle for an inexperienced coach simply to preserve money. Find the best coach for your needs even if the coach does cost a little more

money. You might find that a knowledgeable coach is able to guide you through the life coaching process in less sessions than you anticipated.

Corporations and business executives are beginning to hire life coaches for their businesses. Commonly life coaches will charge a corporation a greater fee than an individual who's trying to work through their own ideas. If you're interested in working with a life coach but find the fees too high ask if they'll offer a discount for an individual.

If you're trying to save money but still would like to use a life coach you'll want to be very clear about what your goals and make certain that you make progress toward you goals during each of your life coaching sessions. Your life coach should be knowledgeable enough to make certain you stay on your sought after path, after all that's what they're paid for.

Chapter 3:

What Techniques To Look For

Synopsis

Its one thing to find a life coach who's taken a training program and gotten certified as a life coach. But it's quite another for that person to becoming a good life coach. A good life coach will have the ability to assess an individual's or group's needs and help and advance them. They can work with their clients at any time in their growth and development process.

Essential Techniques

It does not matter how much potential the personal life coach or group life coach has. What are truly crucial are the results. Does the coach have a history of bringing in a difference or a change into somebody's life? Successful life coaching techniques may help the coach make a difference. Even if the coach may have been doing it for quite some time and is one of the best out there, it is still crucial that life coaches continue to build on their skills by learning fresh techniques.

Here is a list of a few of the most successful life coaching strategies. The 3 areas and techniques listed are crucial because they form the backbone of successful coaching.

Think about matters holistically

As a coach, it is crucial to comprehend that people's lives are holistic. This implies that one part affects the whole. For instance, if a person's personal life is in a bad way, this could likewise begin to affect their professional life. In pretty much every situation, the little pieces that make up a person's life interact with one another. One of the most beneficial techniques out there are if the coach works with the client to help them comprehend how the different aspects of their lives work together.

Areas that require help

A different crucial technique is that the coach helps the person assess the areas that he or she wants to better. In the case of group coaching,

these areas of need will have to do specifically with the group. It might be hard to assess these areas at first. But it is crucial that the coach works with the person through a series of exercises like making collages and journal writing to help them realize what they want to alter or better.

The action plan

Helping the person create an action plan that is in tune with their goals and wants is also another great technique. Without a beneficial action plan, the person may not get as much out of the coaching. For instance, for each problem area or goal, the person should list at least one thing they can do to better things.

Chapter 4:
Quality of Life Inventory

Synopsis

The measurement of the Quality of your Life is an increasingly crucial issue for your well-being. This should be an area your life coach will be helping you with.

Life Assessment Tools

Your life coach should be implementing a Quality of Life test, so that you are able to highlight any areas in your life in which you feel you need changes, improvements, and so forth.

You have more natural energy when you feel good about your surroundings, well-being, money and relationships. There are assessments that consist of 100 items which, when completed, give you the vitality and strength you want. Make sure your life coach has something like this in place and the tools to help you achieve your goals from the assessment.

Here are some sample questions so that you may inquire if your life coach is using this valuable tool:

Family/Relationships

1. I'm both pleased and content with my spouse/partner, or happy being single.
2. I'm close to my parent(s), alive or not. There is nothing in the way; nothing between us.
3. I have a circle of friends who I have a blast with, without effort.

Career/Business

11. My work/career is both fulfilling and nourishing to me; I am not drained.
12. I'm highly regarded for my expertise by my manager, clients and/or colleagues.
13. I am on a positive career path that leads to increased opportunities and raises.

Money/Finances

- 21. I have at least a year's living expenses in the bank or money market fund.
- 22. I am on a financial independence track or am already there.
- 23. I don't have to work at financial success; money seems to find me with very little effort or pushing.

Joy/Delight

- 31. I spend my leisure time totally enjoying my interests; I am never bored.
- 32. Weekends (or other days off) are a joy for me.
- 33. I've designed the perfect way to spend the last hour of my day.

Effectiveness/Efficiency

- 41. I don't spend time with anyone who bugs me or who is using me.
- 42. I've more than enough energy and vitality to get me through the day; I don't start dragging.
- 43. I've no problem asking for exactly what I want, from anyone.

Personal Foundation/Self-Responsibility

- 51. I love my home: Its location, style, furnishings, light, feeling and decor.
- 52. My boundaries are strong enough that people respect me, my needs and what I want.
- 53. I tolerate very, very little; I'm just not willing to.

Personal Development/Personal Evolution

- 61. I could die this afternoon with no regrets.
- 62. I am living my life, not the life that someone else designed for me or expected of me.

63. There's nothing that I'm not facing head-on; nothing that I'm putting up dealing with.

Self-Care/Well-Being

71. I take at least 4 vacations a year.

72. Life is easy; I have virtually no problems or unresolved matters affecting me.

73. My teeth and gums look great and are in top condition.

9. Happiness

Please write down the 10 things that make you the happiest, whether you currently have these things in your life or not.

10. Pleasure

Please write down the 10 things that give you the greatest pleasure, whether you currently do these things in your life or not.

Your life coach should be able to supply you with the complete test, help you with the scoring and interpretation.

Chapter 5:

Identifying Where You Are

Synopsis

Identifying your development needs can be thought-provoking.

Often, we find ourselves viewing what training courses are available and deciding which of those would be most helpful.

As a matter of fact, it's better to try and identify what the development need is and then to work out ways of meeting that need, which might or might not be a training course. Your life coach should be able to help you through this process and put you on the correct path for fixing what needs to be fixed.

Taking A Good Look

There are three stages to identifying your needs.

1. Identify what skills, knowledge and behaviors are ‘required’ for you to be successful.
2. View the skills, knowledge and behaviors you actually hold now.
3. Your life coach should be able to compare ‘actual’ with ‘required’ to discover the gaps. These are your development needs.

1. Identify what skills, knowledge and behaviors are ‘required’ for you to be successful.

Everything we do has a specification for what’s needed to be successful. Your life coach should be able to help you narrow down these specifications. At this stage, it’s likewise worth thinking about the skills, knowledge and behaviors that you might need to develop in the future to achieve your successes. You may know, for instance, that what you’ll be working on different personal development areas or that you’re interested in a career change. What new or different skills, knowledge and behaviors will you need?

Your coach should instruct you to make a list of current and future skills, knowledge and behaviors that you need

2. Your coach should view the skills, knowledge and behaviors you actually have now.

Your coach should view the list you have produced and discuss how effectively you match against each one. It's important to ask some rigorous questions at this stage and reply honestly! Are there areas of your work, for instance, where developing more confidence would make a real difference to your success? Are there knowledge, skills and behaviors that you only need at times that would benefit from some development? Can you identify regions where you feel confident and believe you perform well that could be an even greater strength for you with some development?

3. Your coach should compare 'actual' with 'required' to identify the gaps. These are your development requirements.

Your coach should be as specific as possible about what you need to do differently. This will really help you when deciding how to best address your development needs. It will also help you review and measure your success.

Chapter 6:

Setting Targets

Synopsis

*To accomplish success in life target setting is really crucial.
But, individuals don't know how to set targets and how to
implement. This is where the help of your life coach comes in.*

Targets

The power to set targets and make plans for accomplishment is the tremendous ability of success. It's the single-most significant ability that you are able to learn and perfect. Target setting will do more to assist you in getting the things you wish in life than will something else you've been exposed to. Becoming a specialist at target-setting and target-achieving is something that you completely must do if you want to fulfill your potential as a human being and your life coach should help you with this.

Targets enable you to do the job you wish to do, to live where you prefer to live, to be with the individuals you get pleasure from, and to become the sort of individual you want to become in your life. And there's no limit to the financial rewards you are able to get. All you have to do is to set a target for financial success, arrive at a plan, and then implement the plan until you succeed in that area. The reward for setting targets and making plans is being able to decide the sort of life you want to live.

So why do so not many people set targets? According to the recent research, less than three per cent of Americans have sets their targets and less than 1 per cent review and rescript their targets on a daily basis. So the reasons why individuals don't set targets have been of substantial interest. I think that there are few basic reasons why people don't set their targets.

People are merely not serious about their life. Whenever I speak with a man or woman who's accomplished great or extraordinary, I learn that the accomplishment occurred after that person determined to

"get serious." Till you become totally serious and totally determined about your targets, nothing truly happens.

Individuals don't understand the importance of targets. We find that young men and women who begin setting targets very early in life forever come from families in which the importance of targets is accented. The discussion that takes place just about your family dinner table is among the most powerful determining influences in your life. Make sure your life coach can help you with this.

Chapter 7:

Action Plan

Synopsis

I've met very few people who have a plan for their lives. Most are inactive spectators, watching their lives unfold a day at a time. They might plan their careers, the building of a new home, or even a vacation. But it never occurs to them to plan their life. As a result, a lot end up discouraged and disillusioned, wondering where they went wrong.

Your Coach Should Help You With An Action Plan

The action plan is the method that you'll use to track all of the individual actions that need to be completed in order to be able to go over to your To-Do List and scratch it off the list.

Your action plan should be written because this helps you to achieve your goals faster and without forgetting anything along the way. It also helps you to accomplish each of the goals that you have without putting yourself at risk of another problem later (like forgetting an important task!)

Now, you don't have to use an action plan for easy things, like checking your email. You should develop a clear action plan for any and all activities that become crucial tasks.

Action plans will help you to accomplish the things that need to be done in a clear manner. You are able to also see where you are at, make changes as necessary and know what happens next.

Make your action plan as orchestrated as possible. Someone should be able to come in and fill in for you if you're unable to do so yourself because you have clear instructions left for them to achieve

Your action plan needs to be utilised as you see fit. For some, shorter term action plans that are completed every day works well for motivation. For others, a running list of all that needs to be accomplished helps them to organize all thoughts and needs on an ongoing basis, helping to keep everything organized and on schedule.

Choose the method that's right for you and the type of business or personal schedule you're keeping from the suggestions of your life coach. But, do come back to your plan often and look at, cross out and achieve things from it. The feeling that you'll get when you do this will help you to stay on track and even can serve as motivation for the next task to be accomplished that much sooner.

What happens when you can not accomplish a task in a given amount of time and you're fast approaching the deadline? That's when a task can change priority, which is another aspect that you need to take into consideration for time management. Plan so that you've the ability to move priorities up for items that fast become important tasks to complete.

Make sure you are choosing a life coach that has the skills to help you with this.

Wrapping Up

If you've ever tried to break a difficult habit, alter a pattern of behavior, or find a fresh career or relationship then you may have realized that it can be very hard!

It's only too easy to get frustrated at times when things don't work out as you designed or you let your good intentions slip.

When you consider it, it's perhaps not surprising that change is hard, because:

- * Life can be unpredictable and factors in your surroundings outside your control can create troubles in carrying out what you have planned

- * Stresses or diversions might occur to press or tempt you into going off track

- * If you've been following a habit or course of action or behavior for a while, it becomes like a well worn path and getting out of that groove calls for an ability to step outside your comfort zone and put in effort to make your change consistent

- * Your current or past life and behavior may have some downsides but it might also have some pleasures that you're reluctant to forego and it's sometimes hard to take the risk of breaking away from what is familiar, even if you don't always like that familiarity.

* Creating a fresh life, career or new plans may also be hard if you know that you're not happy with your current career or relationship but you don't know what it is that you do want instead - in this case you are able to face difficulty in creating a positive vision that is achievable.

A life coach can help you to deal with the above difficulties with making changes.