

What is Life Coaching?

By Meg McCabe, Certified Life Coach
and Recovery Coach

"LIFE COACH"

Riiiiiiiiiiing



I took the scenic route

"LIFE COACH"

Riiiiiiiiiiing

SO YOU'RE A LIFE COACH

- Found a dating coach on Yelp to ask questions
- Got sucked into a sales call
- Overpriced, unstructured
- No defined goals or actions steps
- Glamorous therapy
- Don't do what I did!

TELL ME HOW IT FEELS TO PLAY AT BEING A PSYCHOLOGIST WITHOUT REALLY BEING ONE

Why did this happen?

- The coaching industry is largely unregulated
- I didn't do my research



Today we will learn:

- What is life coaching?
- How is life coaching different than therapy?
- What to look for when hiring a coach?
- What is the Life Coaching wheel?
- What is The Life Coaching “Model”?
- Hopefully you will learn a little more about yourself!
- ***You will need a pen and paper!**

What is Life Coaching?

- The process of building awareness of and learning to better manage your thoughts and emotions so that you can take action towards the life you want.
- Life coaches incorporate various elements such as personal development, psychology, mindfulness and wellness.
- Life coaches deal with the here and now; NOT your past (leave that to the therapists)!
- Life coaches should NOT tell you what to do with your life. They're there to help you uncover your next steps.
- Life coaches CAN provide guidance, insight and wisdom to help you make empowered decisions.

How is Life Coaching Different than Therapy?

Therapy	Life Coaching
Focus on the past + traumas	Focus on the present and shaping the future
Mental Health professionals require a higher level degree	No degree required, unregulated industry
Covered by insurance	Usually out-of-pocket costs
Typically, there is minimal to no communication between sessions	Communication and homework assignments between sessions (with appropriate boundaries)
Continuous work on healing your past and processing emotions with some goal setting	Defined goals and action steps
Therapists are trained to listen a nonjudgementally and give minimal advice	Life Coaches are trained to ask questions and provide guidance.



Hiring a coach?

A good life coach will...



Ask precise questions that allow your mind to expand and think more critically and/or differently



Set clear, achievable goals



Provide steps to take and assignments between sessions that support your goals



Truly believe in you and your goals and support you throughout the process



Maintain consistent communication, while setting firm boundaries

Do Certifications Matter?

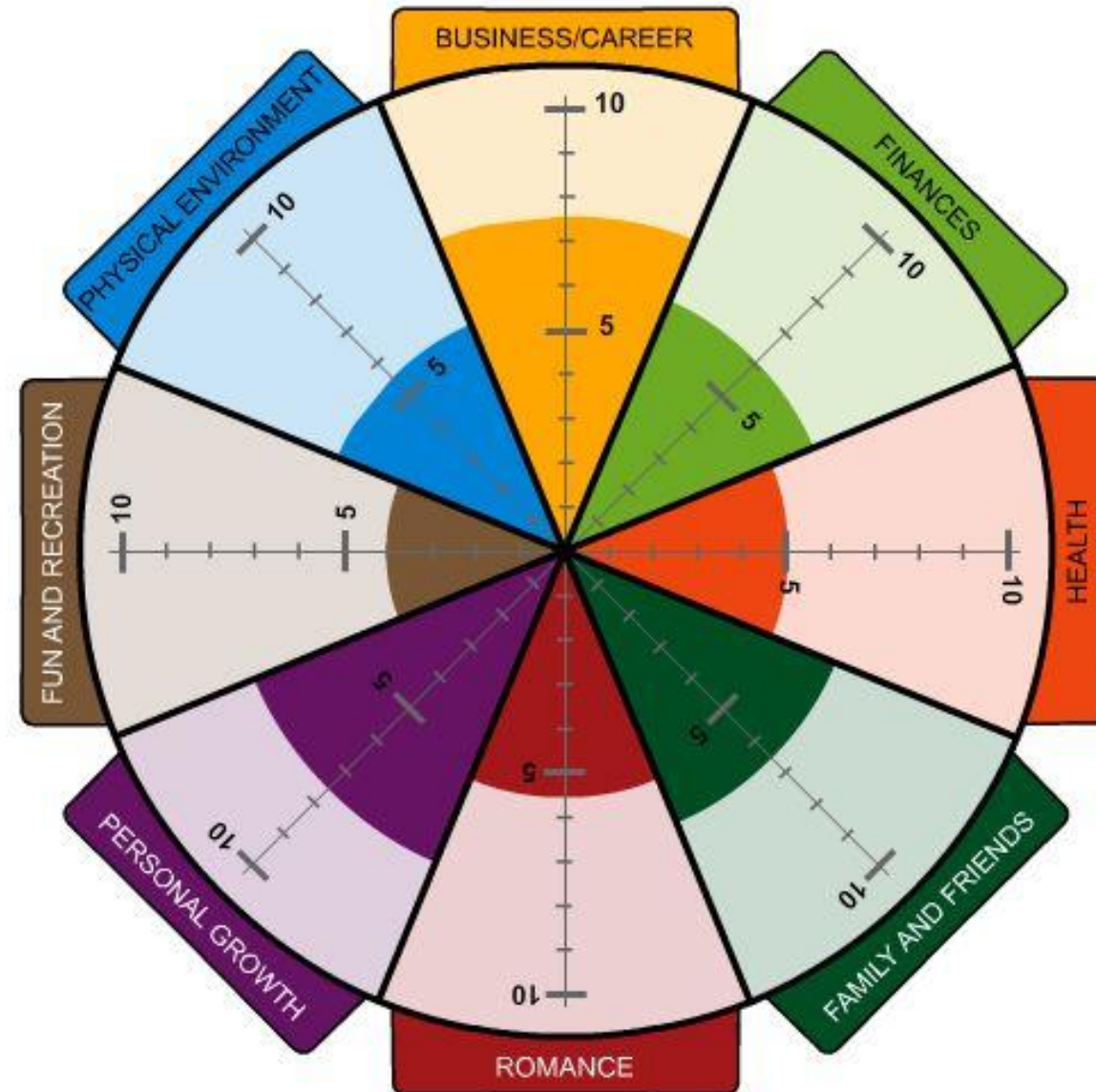
- Yes and No.
- If they matter to you, find a coach who is certified through a program that is ICF Accredited
- ICF= The International Coach Federation

THE
LIFE COACH
SCHOOL



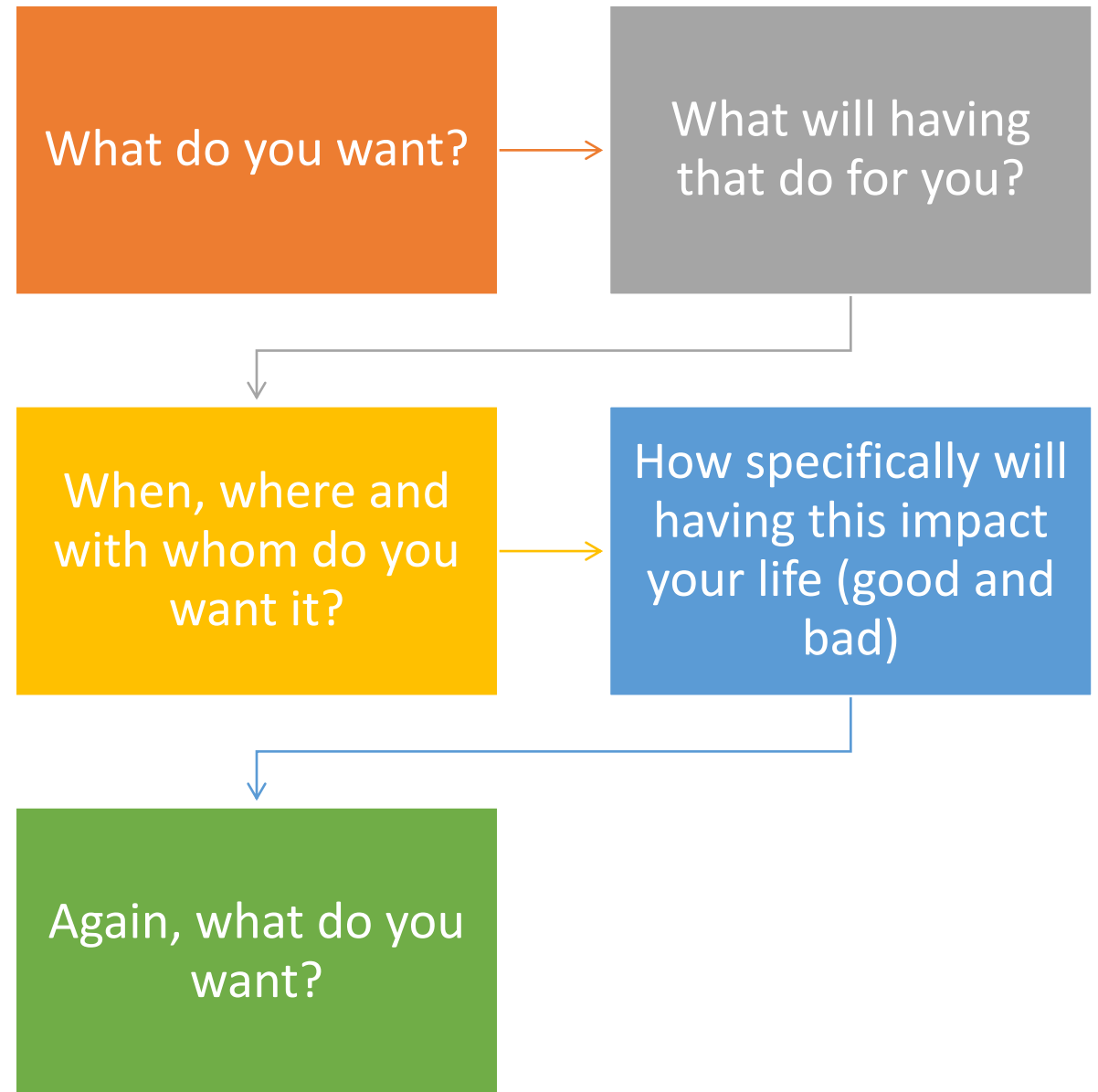
The Life Wheel by Tony Robbins

Where are you now?
What do you want?





A Basic Coaching Framework





What is the Self Coaching?



Self Coaching is the ability to be your own life coach.




In other words, you have the mental tools available to manage your thoughts, feelings, emotions, actions and results.



You are aware that you're in charge of how you navigate the world, and all of this is rooted in the thoughts you have about your circumstance.

Self Coaching and “The Model”

[What is Self Coaching?](#)



The Life Coaching Model



Circumstances



Thoughts



Feelings



Actions



Results



Let's try a real world example:

Current Situation: <u>Bad body image</u>	Desired Situation: <u>Body acceptance</u>
<u>Circumstance:</u> Try on a pair of jeans that don't fit	<u>Circumstance:</u> Try on a pair of jeans that don't fit
<u>Thoughts:</u> I'm ugly, I need to lose weight, I'm not attractive, I shouldn't have eaten that, etc.	Thoughts: "No big deal, I'll try another size",
<u>Feelings:</u> Panic, anxiety, unworthiness, sadness, fear, shame	Feelings:
<u>Actions:</u> Weigh yourself, Skip dinner, binge eat later that night, cry	Actions:
<u>Results:</u> Stuck in the diet cycle, poor body image, low self esteem	Results



In conclusion:

- Life coaching is a powerful tool that can put you back in charge of your own life!

- Comments or Questions?

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