

What To Expect When Working With A Life Coach

The goal of a life coach is to create a non-judgmental space that allows an individual the opportunity for self-discovery, with the goal of forward movement in that individual's life. The area of focus can be within their career, health, relationships, finances, spirituality and so much more. Often times a person seeks out a life coach as they are feeling stuck, lost, or looking for a change. However, life coaches also work with people who are looking to maximize their current state.

A coach partners with the individual to ask thought provoking and challenging questions, which in the end have no "right" or "wrong" answer. As the individual shares, the coach listens and helps to shine the light on the areas the individual is sharing. This can include things in which the individual may not have been able to recognize on their own. In other words, a life coach works to open windows and doors for an individual, that they may not have been able to readily do by themselves. Helping the individual to see the path they desire to move towards.

Life coaches often work to help individuals understand what their life core values are. Allowing the individual to connect the dots on honoring those values in the very aspect in which they are seeking support from the life coach - health, career, relationships, etc. A life coach then helps the individual define the challenges they might be having in living these values. Awareness arms the individual in finding how to achieve their path forward and this awareness can be extremely powerful.

When working with a life coach they often will provide homework to be worked on between conversational meetings with them. This is developed based on the topic and areas the individual is looking to find a path and support within. A coach may also shine the light on an uncomfortable feeling the individual is blocking out. It is important to remember that during this moment the coach is not judging, they are merely observing.

What a coach does not do is tell a person what to do. Consultants and advisors fill that position. A coach will also not provide mental health support in the form of diagnosing nor providing therapy of mental conditions. That are what therapists, counselors, and other mental health professionals are available for. Mental health professionals are commonly providing help for people to work through and heal from trauma and other situations from their past. A life coach supports the space of moving forward and creating an understanding of what the individual needs and already has to make that happen.

Generally, a life coach will partner with a person for 3-7 months depending on the frequency they check in with each other. Whereas, mental health professionals often continue to work with an individual for an extended period of time, even years. Although, it is not unheard of for someone to reach out to their past life coach to talk through a situation after they have stopped regularly meeting with them. Having an unbiased, non-judgmental perspective can be extremely beneficial, and this is the space a life coach aims to fill.

If you have any other questions on what to expect, please feel free to reach out.