
FRONT COVER:

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:
Life Coaching Explained

Chapter 2:
Know About Pricing

Chapter 3:
What Techniques To Look For

Chapter 4:
Quality of Life Inventory

Chapter 5:
Identifying Where You Are

Chapter 6:
Setting Targets

Chapter 7:
Action Plan

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.