



LIFE COACHING

CERTIFICATION
PROGRAMME

*Life Coaching
Presuppositions*

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LIFE COACHING PRESUPPOSITIONS

1) No Such Thing As a Bad Intention

Although some people will do some crazy things in life that we will never understand, it's important for us to understand as life coaches that there's no such thing as a bad intention. An individual will always make the best choice they can, according to the information they have available to them at the time.

All our actions have at least one goal – to accomplish something that we value and that will benefit us. An individual is not their behaviour. When a person becomes aware that there's a better choice of behaviour that will also achieve their positive intention, they'll take it.

It's crucial that our number one goal is to protect the trust in the relationship with our clients and in order to do this we must not jump to conclusions about what we think their intentions are. We must instead take time to understand what their intentions actually are.

2) The Past Doesn't Equal The Future

People are scared of failure and this is the primary reason why they don't go on to do the things they really want in life. In life we're basing every decision that we make on similar decisions we've made in the past and the consequent outcomes that we've experienced.

If someone believes that their past equals their future, they're going to expect similar results in their future to what they've experienced in the past. If they've experienced a lot of hurt or rejection in their past they are going to be less likely to go on and pursue their dreams, take risks and do the things they really want to do.

As life coaches our goal is to help someone manage their internal processes and help them to get out of the rut they've found themselves by shifting their perspective off of the past and onto the future.

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3) No One is Broken

No one is wrong or broken. No one is a victim. Many people believe that they are and this limiting belief is what holds them back and prevents them from doing the things they want to do in life. Our role as life coaches is to help people recognise and accept just how 'unbroken' they actually are which means that there's potentially nothing that they can't go on to achieve in life.

4) Everything is Achievable

If one person can do something, it's possible to model it and teach it to others. Therefore, everyone can learn to get better results in their own way. We all have the ability to do all things, all of the time. The only thing that's holding us back from doing the things we really want to do in life, is the appropriate strategy.

Our role as life coaches is to help people realise and accept that there's nothing they can't achieve in life. By eliciting the appropriate strategy, anything is achievable.

5) Empowerment Comes Via Responsibility

Many people live completely disempowered lives because they haven't taken full responsibility for their lives. As mentioned previously, many individuals believe that they are 'victims' of the circumstances that life throws them. Now, although bad things do happen in life, we always have a choice as to how we act and respond to our circumstances.

Helping people to realise and accept this empowers them to develop an inner resilience so that they no longer allow circumstances to 'crush' them but instead push through to achieve the things they really want in life.