



LIFE COACHING

CERTIFICATION
PROGRAMME

*A Definition of
Life Coaching*

Created By Kain Ramsay

A DEFINITION OF LIFE COACHING

'A purposeful conversation between two people, that inspires them to step out of their comfort zones and take the initial steps towards doing what they want and being who they want to be'.

Life Coaching is a profession that is completely different from counselling, advice, consulting, or therapy. The coaching process examines what is going on in the person's life right now, unpacking what their obstacles or challenges are, and formulating a course of action to help them achieve the things that they want in life.

A life coach will provide a safe and empowering space for individuals to identify the ways that they want to improve their life and then create goals that are positive, future focussed and inspiring. They will help to break down these goals into manageable steps to help the person transition from where they currently are, to where they want to be.

They will actively listen and offer challenge and thought provoking questions to help the person develop a deeper understanding of themselves. Furthermore, a life coach will also provide accountability and challenge the person's perspective, helping them to step outside of their comfort zones.

Life Coaching is different from counselling where sessions focus mainly on the person's past in order to bring about understanding and healing. It is also different from mentoring or advice - the life coach's goal is not to tell the person what they should do or how to live their life. It's about being a facilitator that empowers the person to identify the changes that they would like to make and then helping them through the process of achieving these goals.

Life coaching is about asking questions and offering a range of skills that empower the person to find the answers within themselves.

A DEFINITION OF LIFE COACHING

A firm belief underpinning life coaching is that the person is the expert of their own life. The life coach is simply an expert of the coaching process, and their goal is simply to help the person discover what their own personal 'best' might actually be.

Every day we all make choices about what we do or don't do. Each of these choices (no matter how small) will affect the results that we get in life which therefore influences how fulfilled or unfulfilled we go on to feel. Life coaching helps the person to identify their core values (what's really important to them) which enables them to make wiser choices and ultimately create a more effective, balanced and fulfilling life.

A brief history

The origins of life coaching stem from the world of professional sports. In the 1970's, managers and trainers of sportsmen and women who wanted to become champions began to realise that self-belief, attitude and determination were just as important as natural talent and technique when it comes to achieving such goals.

They also identified that no area of life could be considered in isolation. It was not solely about fitness and training; success was massively influenced by other factors like the player's business and financial situation, their relationships with friends/family, as well as many other things like their spiritual and religious beliefs.

Life coaching then progressed into the boardrooms of many of the world's top companies. Such companies began to recognise that their senior executives had to be treated in the same way as sports stars in order to achieve their full potential and that issues outside of work had a huge influence on the quality of decisions that they made in the office

