



LIFE COACHING

CERTIFICATION
PROGRAMME

*A Standard for
Effective Life Coaching*

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A STANDARD FOR EFFECTIVE LIFE COACHING

Here is a framework that you can use to help you develop a standard for effective life coaching which will allow you to make wiser choices about the kind of people that you chose to invest your time into.

In any relationship trust can only be developed over time, so it's only through time that you'll be able to get an accurate picture of who someone is and how they chose to live their life.

Looking out for the following traits in other people will help you as a life coach to gauge if it's worth investing your time in to someone or not:

OPEN - someone who is open to receiving new information. Some people are not open at all. They've developed a set of beliefs about who they are and how life is and they genuinely believe that they have all the answers. Those who automatically disagree with you without attempting to understand what you're saying, are not open. They're not open to you and your message. This is not to say that they'll never be open, but they're not open right now.

RECEPTIVE - someone who is open to receiving new information and applying that information. People can be open to hearing your perspective, but if they are unwilling to apply and take on board what you're saying then your wisdom and life lessons are wasted.

APPRECIATIVE - someone who is appreciative of your time. They value the time you're offering them and don't take it for granted.

AVAILABLE - someone who is 'available' for conversation and interested in what you're saying. Some people will be more interested in what's going on in their own mind than what you have to say. If this is the case, then they're not actually appreciative of you and your time or open to what you're saying.

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AWARE - this one is more relevant for you. Your self-awareness is absolutely essential to be able to assess how open, receptive, appreciate and aware someone else is. Your level of awareness will determine how many of these traits you see in someone else. This isn't just relevant in the context of life coaching, but is also essential for us to build strong and healthy relationships socially.

ATTENTIVE - it's only when we're paying full attention that we're able to see where we stand with someone. As we're paying attention we'll be able to see for ourselves how open, how receptive, how appreciative the other person actually is. If you come to the realisation that they are paying more attention to what is going on in their own mind than what you're actually saying, then unfortunately you're wasting your time.

We only really experience fulfilment in life when we're making a difference in the lives of other people. It doesn't come through what we 'get' but what we 'give' to others. The most valuable thing we can give someone is our time and fulfilment in life comes through knowing that we've invested our time wisely into the lives of people who have benefited from us and have appreciated us.