



LIFE COACHING

CERTIFICATION
PROGRAMME

*The 6 Step
Coaching Process*

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THE 6 STEP COACHING PROCESS

1) The Life Balance Questionnaire

It's important to get clear on what your client actually feels is the main problem and what they hope to achieve through life coaching. To help them do this, you can ask them to complete the 'Life Balance Questionnaire' which will identify areas in their life that are currently out of sync/balance. This provides a great starting point for the coaching process.

2) Identifying the Problem (Undesired Emotion)

The next stage is to have a conversation to help the client identify the main undesired emotion that they want to deal with in their life.

3) Establishing the Desired Coaching Goal

The next stage is establishing the main coaching goal that they want to work towards and coming into agreement on this. It's important to only focus on one thing at a time. What's the first goal that they want to work towards?

4) Questions to get to the Root of Limiting Beliefs

It's important to now get clear on what the client's main limiting belief is. What's the main belief holding them back from moving forward and achieving their goals? You can use the template provided to work through these with clients.

5) Core Identity Coaching Model

It might not be until the second or third session that you get on to the core identity coaching model. Teaching and working through this model with your client will help them to understand themselves better and the true nature of the problem they're having - that's it's always attached to their identity in some way.

6) Core Values & Priorities

At this point, it's important to help the client get clear on what their core values and priorities are. What is it that's driving them? Helping them to understand this will help them to make wiser choices in line with that they actually want.