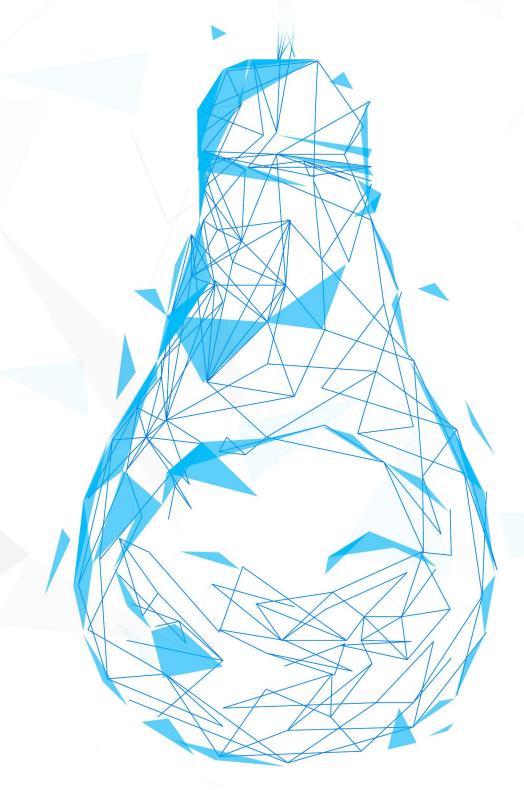
# LIFE COACHING CETIFICATE COURSE



THE CHOICE OF MATURITY AND CHARACTER

#### **HELPFUL & UNHELPFUL ATTITUDES**

We are all on a journey of maturity and growth, but the pace of our growth depends upon the speed at which we grow out of habits, beliefs and attitudes which do not serve us and into ones which do.

As a life coach or mentor, we should always be looking out for ways in which we can add value to other people's lives by asking questions which provoke and challenge the people we care about to think about themselves and where they're going. This includes addressing the unhelpful attitudes people have subscribed to in life, something which we can only discern if we listen carefully to what they have told us and how they have stressed what they share with us.

#### **RESPONSIBLE VS IRRESPONSIBLE**

We make peace with our truth once we accept that which is true, but it is up to our client's whether or not they make peace with their truth or not, and whether they take responsibility for such truths. A client needs to confront themselves by identifying what behaviours, attitudes or beliefs they have which are not working for them and take responsibility for these things. Responsibility breeds empowerment and a client can only be helped by a life coach once they have taken responsibility for their need to change and their desire to change.

**Q**. What parts of your life have you consciously taken responsibility of and what parts of your life do you still need to take responsibility for?

**Q**. Are there any aspects of your life (beliefs, habits, mindsets or attitudes) which you feel are holding you back in life? What would happen if you stopped thinking these were just 'part of who you are' and instead considered them parts of you that you could change were you to take responsibility for changing them? What would your next step be?

#### **HUMILITY VS ARROGANCE & PRIDE**

Within a life coaching context, arrogance and pride most oftentimes take the form of defensiveness. When people are confronted with the idea of challenging and even changing their lifetime habits, their sense of self is attacked, and they therefore often protect their negative way of being for the sake of themselves. Humility is what helps people grow out of their unhelpful habits because humility is when we humbly own our flaws, weaknesses and imperfections.



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that you have but are v	with yourself, what flaws, willing to address and ma w do you plan on addres	anage in order to	encourage your	growth and
SLOW TO ANGER VS Q	UICK TO ANGER			
people trust us, they known time to reflect, the our priority is to defend leave such engagement and engagement.  Q. Are you quick or slow	In loved, I would argue the now where they stand win ink and respond more and ourselves rather than gonts as we came (or, in a way self-management influence were to anger, or are you a response to a self-management and the second to the sec	ith us. When we a ppropriately. Whe prow; thus we bed worse off position ences the health a mixture of both?	are slow to anger, en we respond w come more defen d). Self-awareness and stability of ou Write down scena	we have ith anger, asive and some breeds ar social arios in which
you are quick to anger causal difference betw	, then write down scenar veen the two?	ios where you ar	e calmer. Can yol	i identify the
how you were feeling a	study of yourself when you value you v	were feeling abo	ut the circumstar	
you felt afterwards. WI	hat would you do differer	ntly if you could (	go back?	<i>y</i>

#### PROMOTERS OF UNITY VS PROMOTING DISUNITY

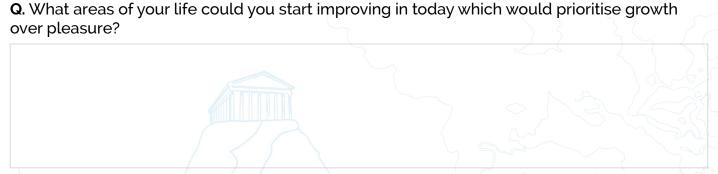
Unity is always more character building than disunity. Disregarding people who we don't agree with, don't get on with or don't like is the easy option in life: learning how to live with them is harmony is the challenge. We can't bury people away and live in protective bubbles which never overlap with one another: we must confront wrongdoings, we must accept the unknown and we must learn to love and live with difference. It's easy to like people who see eye to eye with us, and even easier to dislike people who don't. Society and the world as a whole don't function in disunity - iron sharpens iron. We grow more as people when surrounded by people who we don't understand the world view of - because it is only through trying to understand one another that we can conceptualise a way in living in harmony with each other.

	things your own way?	3/2	
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<b>Q.</b> What changes of with other people?		ay to better understar	nd others and begin working
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Pleasure is an instant and fleeting experience which comes and goes, but growth is a process. For people seeking pleasure, enough is never enough: they want more success, more food, more alcohol, more sex, more friends, more happiness, more money, more children. For those seeking growth, it's not the end result they crave but the experience of the process. Those seeking growth are those who step out of the victim mindset and take responsibility for the direction their life takes, their thinking patterns, beliefs and behaviours.

**Q**. Do you embrace challenges and look for ways to grow and develop yourself, or do you shy away from change?





#### FAITH FOR THE FUTURE VS FEAR OF THE FUTURE

Faith, in a life coaching attitude, isn't a religious concept: it's a mindset. Without faith for our futures, we live in a state of apathy and passivity. People without faith in themselves are too afraid to step outside their comfort zone because they live in fear and therefore live selfishly (i.e. in a state of self-preservation). When we operate in faith, we are proactive in our lives because we're not worrying about how we will be received in the future and what will happen to us.

**Q.** Do you take risks with the faith that things will work out for the best, or do you tend to 'play it safe' due to the fear of making mistakes? How much more could you achieve with your life if you were to stop exercising fear and start exercising more faith?

#### **DECISIVENESS VS DOUBLE MINDEDNESS**

Decisiveness is a mindset we hope our clients will adopt because it demonstrates that they've moved beyond their fear of the future and failure. People who are motivated by making a difference in life are more decisive in their decisions than those seeking money and fame because they are driven by a passion and moral initiative which is greater than themselves. Those who are indecisive are in such a predicament because they are unsure about who they truly are, what they stand for and what their motives should be.

Q. In what areas of your life do you find yourself second-guessing yourself or changing your mind?



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RULED BY FACTS	VS GOVERNED BY FE	ELINGS			
which is turbulen facts: you could s you aren't good e for: the only thing shouldn't have as	ets is one which is stablet and susceptible to speay that 'I don't feel like enough. We can all ach which impedes our all much power over us a tetely honest with your	contaneous che I'm good eno nieve anything bility is our fee as they do.	ange. Feelings ugh for x' but tl we commit to a lings. Feelings	are very rarely hat doesn't mea and prepare our are not facts: th	oased on In that selves
<b>Q</b> . Do you hold yo	ourself back just to kee	p the peace w	vith others?		
<b>Q</b> . Who could you react?	ı be more honest with	today if you w	eren't worried a	about how other	rs would
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feel pressure and stress in life, they retreat back into their comfort zone and hide away from responsibility and the difficulties being thrown their way. Why? Because they're driven by security and self-preservation. The problem is that no amount of growth can be achieved

in the limited real of one's comfort zone. Whilst stress isn't something which people

should encourage in their life, it's not something which should be avoided but

managed. If more people took the time to work out how to manage stress (along with the physical and mental effects it causes), more people would be comfortable and confident in their ability to cope with stressful situations and allow the experience to be a learning opportunity for them, rather than something which pushes them back in life or into a state of petrified stagnation.

opportunity for them, rather th petrified stagnation.	an something which push	nes them back in life o	r into a state of
<b>Q</b> . What are the unhelpful and	helpful ways you respon	d to stress?	
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<b>Q</b> . What are the most stressful seeking safe yet ultimately unlifrom the kinds of stressful situtwo different stress-related so situation vs a manageable one	nelpful coping mechanismations you find yourself ca enarios and identify what	ms? How are these situapable of managing?	uations different Analyse the
Situation vs a manageapte one		7 5	
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