



iCoach Club

How To Become A Life Coach

Kick Start Guide to Life Coaching

**FREE
EBOOK**

How To Become A Life Coach

Kick Start Guide to Life Coaching

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Association of Life Coaches

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Becoming A Life Coach

Becoming a life coach is not as easy as it seems. And the truth of the matter is, life coaching is not for everybody. A person needs to possess some particular characteristics or traits required before he or she is considered to have the potential of becoming a life coach.

Why A Life Coach

Why indeed do people want to become life coaches? There are two possible answers to this question. First is that being a life coach is very rewarding when talking about money. If you are an effective life coach with a constant stream of clients flowing in then you can rake in a lot of money.

The second answer on why people want to become life coaches is that life coaches can get a feeling of fulfillment and satisfaction. As a life coach, you have the ability to make lifestyle changes on your clients. You can help them develop and improve. You become a part of your client's growth and achieve great results in his or her life.

Characteristics of a Potential Life Coach

As have been stated life coaching is not for everybody. A person must have certain qualifying characteristics for him or her to be able to become an effective one.

First and foremost, the most essential characteristic of a potential life coach is the eagerness to help people. In the job of life coaching, a genuine urge to help will be very important for the effectiveness of life coaching. Without this eagerness, a life coach will just easily lose patience and give up on their clients.

Second, a potential life coach must be a good listener. If you are the type of person who talks and talks 24/7 then life coaching is not for you. As a life coach, it is very important to listen to your clients. You will get all the information that you need through your conversations and if you do not know how to listen, then you will not be able to make an effective program for the client.

Third, a potential life coach has the characteristic of the willingness to be trained. A person can't just become a life coach just because of his or her eagerness to become one. A life coach will have to undergo several trainings to be able to learn different methods that can be utilized during sessions with clients. The training process takes time and may take some fair amount of money.

Your Future As A Life Coach

If you fit all the criteria above then you have the potential to become a life coach. So what is in store for you when you become a life coach?

Monetarily speaking, life coaching is a good source of income. Being a life coach is a very lucrative business. In fact, a lot of people make a living out of being a life coach. But before taking that leap there some things you should consider:

- Is it worth leaving your current job and become a full time life coach?

- Can life coaching maintain your current way of living?

- Are you willing to take the risk of running your own business?

These are the 3 questions that matter before becoming a life coach. But if life coaching truly is your passion then by all means do not let anybody stop you and soar high.

Three Basic Steps To Becoming A Life Coach

A life coach is someone that helps others organize their life as well gives a person the skills to have a structured and better way of life. Many people feel like the only skill required to become a life coach is listening to others. This couldn't be further from the truth however and needs to be researched before committing yourself to an occupation that you want to be successful in. You want to look at all aspects of the career and you want to make sure that you can obtain all the skills needed to make your profession of life coaching a success. Many people don't know the proper steps to becoming a life coach and can be achieved in 3 easy steps. Let's take a look at each of the 3 steps to becoming a life coach.

The first step you want to take in becoming a life coach is determining what area you want to specialize in. There are many different types of life coaching areas you can choose to practice in such as relationships, careers, family matters, leadership, communication, financial issues, as well as emotional crisis'. You need to find the area that your coaching efforts would be most effective for your client. This why you ensure that you provide your clients with the utmost performance and results that your clients will be happy with. Research and find out all of the many different areas where you can become a life coach and find out which suits you the best.

The second step you want to take in becoming a life coach is attending a life coaching seminar. Most of the time life coaching seminars are hosted by former life coaches and can be a great place for you to obtain different ideas and advice when it comes to becoming a life coach. Take notes from former life coaches so that you can practice the same skills and communication as they do during their seminars. You can gain a lot of helpful tips and suggestions from people that have achieved the goals that you are in a quest to obtaining yourself which makes attending a life coaching seminar a very beneficial thing to do when deciding to become a life coach.

The third and final step to becoming a life coach is signing up for online courses or programs available in your area that have to do with life coaching. There are tons of courses available online for becoming a life coach and will teach you the skills needed to achieve a success in the career of life coaching. Normally these courses cover a variety of different topics so make sure you choose a course that surrounds the area of life coaching that you are interested in. Most of the courses also give you a good look at how you need to cover your business aspects of the career as well which is an added bonus and helpful information you need to know.

After you have completed all three steps and have successfully completed your entire training course, you will then be given a

certificate or become fully accredited with the skills that it takes to be a successful life coach. Although it is not necessary for you to achieve a certificate or to even attend a course to become a life coach, however, by attending and completing an accredited life coach program this will give your potential clients a good impression of your credibility and your trustworthiness when it comes to life coaching. Follow these 3 easy steps and you will soon find yourself basking in the glory of being your own boss and a rewarding and successful life coach.

Bushido Life Coaching

Intelligence

Life coaching is a relatively new method of teaching people and helping them achieve their goals. Some use it for business while some use it for personal gains. Nevertheless, the endless pursuit of human achievement and contentment has proven a very important thing to ponder.

Man has ever been in constant inquiry of what to do in life, finding a reason of existence and using words of wisdom to live by. Sages and wise men have sprung from the center of civilization, imparting

declarations of thoughts for other men to inculcate in their way of living.

One of these wise men is Takeda Shingen, a well known samurai of the mid 16th century. He focused on the mere existence of a human being as a thinking being. In one of his famous lines, he said “Intelligence is the flower of discrimination. There are many examples of the flower blooming but not bearing fruit.”

This gives rise to a concept reaching beyond mere intelligence of man just being able to think clearly and do the right responses in adherence to society. The intelligence he speaks of is a proactive intelligence, a type of intelligence in which humans are able to go the extra mile in using his mind. This is the kind of intelligence wherein man is capable of applying his knowledge and having that imparted thought bear fruit.

Man here is tasked to have an objective of being productive. Many people think well and think fast and straight, but many fall short of thinking why he is thinking over something. Had it been that people use their minds and help others think better as well, then it becomes quite different. There is now a co-active coaching done and that both help the helper and the beneficiary in terms of learning from each other.

The Modern Samurai

Whenever someone thinks of a samurai, one can not help but conjure a thought of lightweight armors, sword fighting, and honor system, all of which is in preparation of the upcoming battle. The enemies are always present to bother and pester, but the thought of being prepared for battle and meditating that each day is a day to die makes the samurai a strong person emotionally and spiritually.

Modern times include all the people from all walks of life, living in this contemporary setting where almost everything is automated and makes manual labor almost non-existent. Because of this, the people are pitted to use their minds in order to survive this competitive world where even friends have the tendency to out learn and outmode other friends.

A modern man who thinks that he should only interact and complement the society's demands definitely needs proper intelligence to communicate. That man may have thought of the right idea, but the real question now lies as to how they would implement it in their lives and to be good sharers as well.

Like a samurai who is a servant to his master. He is guided by his principles to maintain his honor. The modern samurai is a person living amidst technology, serving his own type of master: himself.

Without application of his intellect, he will still be able to serve others but will not be able to find any meaning to his existence and why he is doing something for others.

He should first learn how to serve himself to know that the self has been taught. How can someone coach others if he cannot learn to coach himself first? That is the way of the modern samurai – learning to teach the self to be aware what to teach others. That is bushido life coaching.

Coaching In Another Level

Spiritual life coaching is one field of life coaching that concentrates on uplifting the spirit of the client. This method is widely common now days. This approach affects the different material aspects of life by dealing first with its immaterial aspect, the spirit.

Spirituality may be a vague term. Its meaning can be subjective, depending on the person who uses the word. It can either be religious or not. But definitely it comes from within a person. Coaching in this field is tapping that inner spirit to become active and in turn change a persons' life.

Mechanics

This type of coaching focuses on what is essential in your life. Your inspiration to live may have died or you are dried out due to the toxicity and stresses of everyday life. This approach would fill up that yearning inside you once again and the revival of your spirit is achieved.

Its product being tranquility, peace of mind, motivation, fulfillment, and simply the balance in life can be achieved.

Evaluation

At the beginning of the process you will be asked to evaluate your life. Here you get to see the vital areas of your so-called life and rate it on how exactly you are doing along with it. Your coach will guide you through this process of evaluation in order for both of you see what would be the best approach for you.

Discovering Yourself

After you evaluate, you would discover a lot about your life that you didn't consciously know before. Here you will see the waterloos of your life. You get to discover your highs and lows, those points to work on, your personal assets and characteristics.

You would also get to see your behaviors that you need to get rid off, improve, or keep. Self-awareness is achieved and a sense of individuality is gained. In this process, it is not your coach that discovers you, but it is of your own doing that you discover yourself.

Guiding Points

Your coach won't be the one to answer your life's problems. He is just there to guide you through it by pointing out the problems that you have to work on. Thought provoking questions is asked to you to analyze and see the real deal of your difficulty. He layouts the different alternatives or solutions, but then you are still to be the one to decide.

Renovations And Innovations

Lastly, a spiritual coach can help you renovate your life, in the sense that your old spirit that has acquired damages can be repaired. It is really hard to get rid of old habits especially if you had them for years, but with having a life coach this is very much possible.

Innovations can be done too, in which your broken spirit isn't just repaired but also improved to the best it can be. You can acquire new behaviors that are actually good for you. You get to improve on different fields in life. In effect of having a renewed spirit is the price of having a new life too.

Spiritual coaching is not relying on your coach to pray for you or do mantras or perform spiritual ritual acts on you. It is your spirit that is worked on, thus your own willing participation is needed. Basically, it is making you see the diamond behind the coal of your spirit.

Coaching for Life

The Social Thinking Being

Human beings are social beings, living out each of their lives in the company and presence of others. There is no known claim that a person can live on his own without degrading himself less of a human being. Each person, being social as he is interacts with the people he comes into contact with.

The normal process of learning would be for each person to impart something, a thought, a practice, a belief, a philosophy, or the mere absence becomes the learning experience for the other to start seeking for answers to be properly integrated into the self.

Throughout the lifetime of a human being, he will be able to share himself and be shared with by others. The influences that subtly change a person into what he is during the present is what he got from coaching for life by those he had been with.

Coaching for life is quite simple to comprehend. It is the way an individual's personality having an effect with those people in his environment. The closer they are physically, and socially will probably have a greater impartment and thus would have a greater change in the attitude and behavior.

Though not necessarily impertinent in the sense that it overshadows another person's fundamental behavior, it deviates and shifts the behavior of a person. It becomes a two way process for the involved people, and a two way process to the individual.

The Paired Two Way Process

Coaching for life could cause either positive or negative results to the other individual. The same goes for that same person by the people around him. Depending on what is more influential; a specific mindset is subjected to a myriad of possible outcomes in terms of belief, attitude, and philosophy in life.

Morality is only a supplemental factor in determining what type of person arises from the many interactions he may get throughout his lifetime.

Like a river run dry, any new rainfall will definitely fill up the dry riverbed, but the water that would fill the riverbed may be murky due to the accumulated dirt when it dried up. Over the course of time, water coming from the mountains, filtered and cleansed will start to replace the murky water that once occupied it.

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