

THE GREATER ADVANTAGE, INC.

market-driven high performance coaching for business and life

what is LIFE COACHING?

By Kim Bettie

In order to go from good to great many corporations invest up to \$30,000.00 for an executive to have a coach. According to Fortune magazine, "Coaching has become the hottest thing in management today." Life coaching is not therapy; it is for stable, hardworking people, who want help reaching their goals. Your life coach acts as a sounding board, asks the right questions, and is armed with the processes to help you believe what once seemed impossible is possible.

self-discipline

When a goal seems possible, you can develop a high level of commitment to attain it. Many people fail to achieve their goals because they neglect to build the commitment necessary to reach them. Having the commitment to reach a goal takes self-discipline. Life coaching is about increasing your self-discipline. Your life coach provides strategies to help you manage your thoughts, feelings, behavior, and environment to reach your desired goal. Acquiring this type of self-discipline is an important developmental task and it will enhance your life.

strategies for life

Hanging in there long enough to make your dream come true is only half the battle. You have to stay focused and keep doing what works. Life coaching is about developing a strategic plan for your life. You gain access to proven strategies designed to help you persevere and give you the best chance for long-term success. Experiencing setbacks can lead to giving up. Studies show that this will not happen, if you believe you can succeed by changing your strategy. Your life coach gives you the strategies to navigate through the stages of change to achieve real results and transformation.

Christian life coaching

Life coaching is influenced by the worldview of the coach. That is the coach's comprehensive concepts and beliefs concerning the world. Christian life coaching is built on the foundation that in our hearts we devise a plan, but the Lord directs our steps (Proverbs 16:9). A Christian life coach may integrate lessons from the Bible and the principles of faith into the coaching process. Faith is directly linked to reaching a goal. When your faith is strong you can get excited about the possibilities. This perspective impacts the goals you set, how hard you try and how long you persist when faced with difficulties.

action learning means results

Life coaching combines two very important forces of change: action and learning. You learn to generate new ideas, expand past your comfort zones, and experience lasting change. You begin to take action by using what you have learned on your most challenging issues. This enables you to break through the roadblocks to success and reach your goals. It would be ideal if everyone had access to the benefits of life coaching, which has been proven to increase productivity and effectiveness by over 88%.