

## **Mt Crest – The Life Coaching Approach**

Goals:

Explore what life coaching is, and what it offers (and doesn't), and provide personal experience with just 2 widely used tools

Life coaching is one, of a variety, of helping professions - overlaps in what life coaching with others - But there are differences.

In **common** they share

Listening

Reframing

Fee for service

Client wants to change (hopefully)

A confidential relationship

Use of conversation/dialogue as primary tools

Assumption that change occurs over time

Can work with individuals or groups

It's an ongoing relationship

In which the client does the work

**Differences** (generalizations that don't apply to all therapy/therapists)

Therapist is the expert who knows best – Coach is a partner who asks for permission of client, who knows best

Therapy has focused on fixing things and recovery – Coaching is more about creating

Therapy may tend to have a past orientation – Coaching is directed at the future

Therapy is mostly based on diagnosis and treatment plans – Coaching is a co-designed alliance based on the client's agenda

Why coaching, why now? These days:

- Life seems fast paced, impersonal, isolated (for many) and constantly changing
- People in the US move home every 3-4 years (on average)
- Many people have multiple careers, are self employed or work at home (30-40 mil)
- Downsizing has eliminated much middle management (=potential mentors)
- Divorces outnumber lasting marriages by at least 2:1

For many of those, who are fundamentally whole and healthy, but simply pursuing more fulfilling lives or higher levels of performance, this hasn't always sat well. This is the niche that life coaching has evolved to fill.

So what is it?

- An ongoing professional relationship of equals
- Focused on the future

- Nurturing strengths
- Creative action based on the client's dreams, goals and visions
- Ideally addresses the whole person
- A process which helps the client deepen their learning, improve their performance and enhance their quality of life
- A contemporary avenue to enhanced life satisfaction and fulfillment – and, as such, only one of many

Coaching is not:

- Based on a medical model which assumes “dis-ease”
- Based on diagnosis, or subject to treatment plans
- Directed or controlled by the Coach
- About mending past hurt or healing emotional pain
- About replacing therapy

So you might say that people NEED a therapist, but they WANT a coach

The main thing I want to do today is to give you a personal taste of the life coaching approach.