

Life Coaching Essentials

Why You Need a Life Coach?

Many people often mistake a life coach for a mental health professional, such as a psychiatrist or a therapist. This misconception often lead people to believe they do not need a life coach since they feel as though nothing is wrong with their mental health. However, a life coach is designed to help improve a person's professional and personal life by working with them to achieve their goals.

Difficulty Making Life Decisions

Life coaching is about encouraging and empowering the client in their personal and professional life. One of the biggest problems many people face is a difficulty to make life decisions. Some maybe minor, such as deciding to join a gym or repaint your house, while other decisions can be major, such as a decision to start a business or change careers. People have different reasons for being afraid to make decisions, whether they are scared the decision will be the wrong one or that they may let themselves or someone else down with whatever they choose. While life coaches are not intended to make the decisions for the client, they are meant to guide the client and inform them about their choices and the pros and cons of their decisions – which enables the client to work toward making their own choices.



Lack of Balance

It is important to have a healthy balance between our professional and personal lives – one area should never overpower the other. But, with many people, finding the right balance that works for them is the hard part. Some people find they spend too much time in this personal life and 'blow off' their work responsibilities. Others are just the opposite in that they spend too much time at work and forget to pay attention to their personal lives outside of the office. Life coaches know this is generally defined as a life balance - a balance between major aspects in our lives. When client feel their life balance is outweighed by one area or another, they seek help from a life coach for ways to make things more even. A life coach can use a variety of tools to help the client create organization in their life and ultimately create a plan of action to help them sort out their own life balance and what works best for them.