

Life Coaching

Course Link: <https://www.udemy.com/course/life-coaching-practitioner-diploma-achology-certified/>

What you will learn from this Course?

- Improve your people skills and develop a greater sense of social awareness.
- How to make difficult decisions (or how to help others make difficult decisions).
- Expand your client's emotional IQ to solve problems and spark their creativity.
- Facilitate change by helping people to break their molds of unhelpful behavior.
- Establish rapport with others by communicating in a way that establishes trust.
- Develop the self-awareness integral to the improvement of social effectiveness.
- How to identify and address troublesome beliefs, attitudes and behavior habits.
- How to help clients solve their problems and identify new growth opportunities.

The Presuppositions of Effective Life Coaching:

- People don't know what they don't know.
- People have good intentions but bad habits.
- Our focus determines our emotional health.
- Human nature and human nature.
- Being better is better than feeling better.
- Our communication equal our resources.
- Responsibility nurtures personal empowerment.
- All people have the ability to change.

[People will not change until the desire to change becomes greater than their desire to remain the same]

The Gerard Egan Listening Framework [The Factors that impede Effective Listening]?

- Obvious External Factors
- Rehearsing a Response
- Unnecessary Fact Finding
- Inaccurate Assumptions
- Problem Solving
- Imposing Personal Views & Opinions
- Parental Advice Giving

Defining Life Coaching:

Purposeful discussions between two people that inspire a person to take steps towards doing what they want to do, and being who they are ready to be.

Five Ways through which we internalize and process Information:

- Visual
- Auditory
- Kinaesthetic
- Olfactory
- Gustatory

The Standard for Effective Life Coaching:

- Available
- Aware
- Attentive
- Open
- Receptive
- Appreciative

Self Awareness:

- **Self Worth:** Is the value we place upon our self.
- **Self Esteem:** Is based upon how we feel about ourselves.
- **Self Image:** Is how we see ourselves today.
- **Self Concept:** Is this vision that we have for who we would like to be, for what we would like to see ourselves eventually at some point in the future, it is kind of like this ideal version of ourselves.

Assets & Liabilities:

- Q1) **People** who **ADD** to your life?
- Q2) **People** who **DETRACT** from your life?
- Q3) **Habits** that **IMPROVE** your life?
- Q4) **Habits** that **DETRACT** from your life?
- Q5) **Attitudes** that **ENHANCE** your life?
- Q6) **Attitudes** that **DETRACT** from your life?
- Q7) **Activities** that **BUILD** you up?
- Q8) **Activities** that **TEAR** you down?

Identity Crisis:

[Human Beings Vs. Doings]

- EQ1) What I do +. How well I do what I do = **My Self Worth.**
- EQ2) Who I am + How I choose to express my self = **What I do.**

Unhelpful Thinking Styles:

- Mental Filter
- Jumping to Conclusions
- Personalization
- Catastrophizing
- Rigid Role Keeping
- Generalisations
- Deletions
- Distortions
- Labelling
- Minimization
- Black or White

Solution Frameworks:

- The P.I.E Framework:

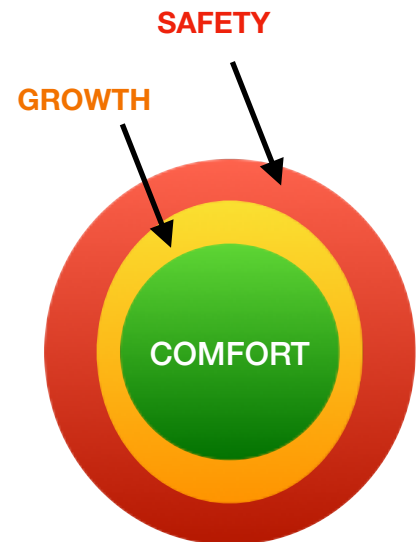
- **P:** Problem Definition
- **I:** Identify Goals
- **E:** Evaluate Priorities

- The S.T.I.R Framework:

- **S:** Select a Problem
- **T:** Target a Goal
- **I:** Identify a Solution
- **R:** Evaluate Ecology

The Three Zones:

- The **COMFORT** Zone
- The **GROWTH** Zone
- The **SAFETY** Zone



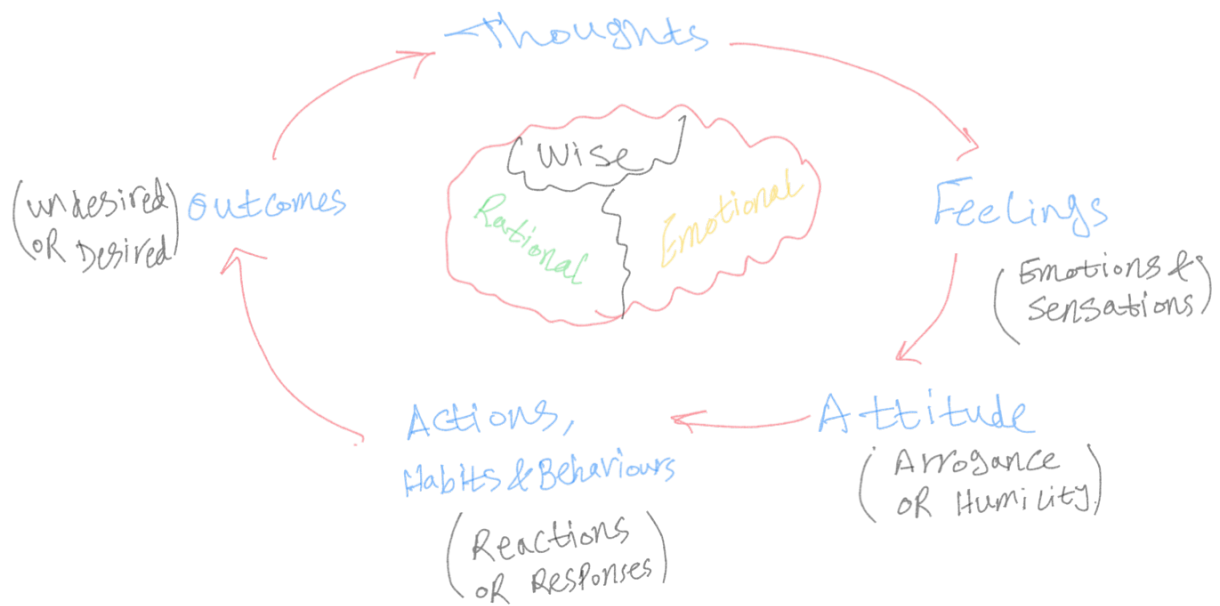
The Coaching Journey Overview:

- Presenting Problem
- Emotional State
- Rational
- Volitional
- Beliefs
- Identity
- Self Worth
- Values
- Priorities

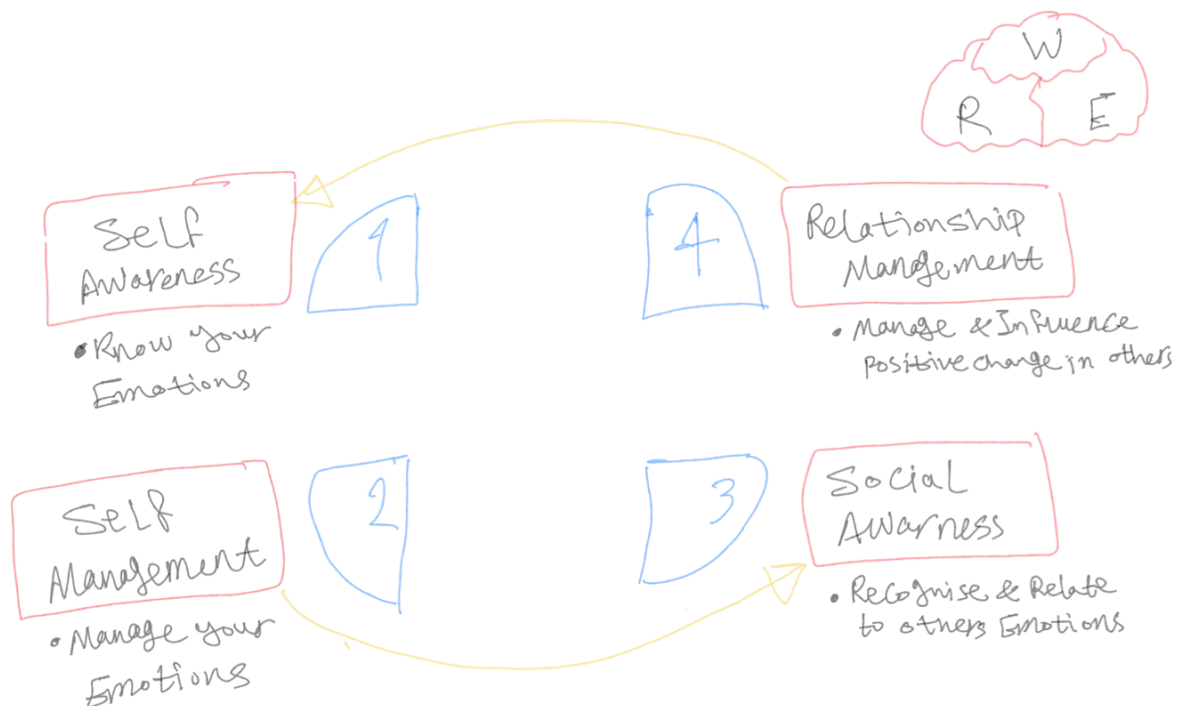
The Essence of being Human:

- **Body**
- **Soul**
 - Mind
 - Free Will
 - Emotions
- **Spirit**
 - Identity
 - Value
 - Desire

The Internalisation Process:



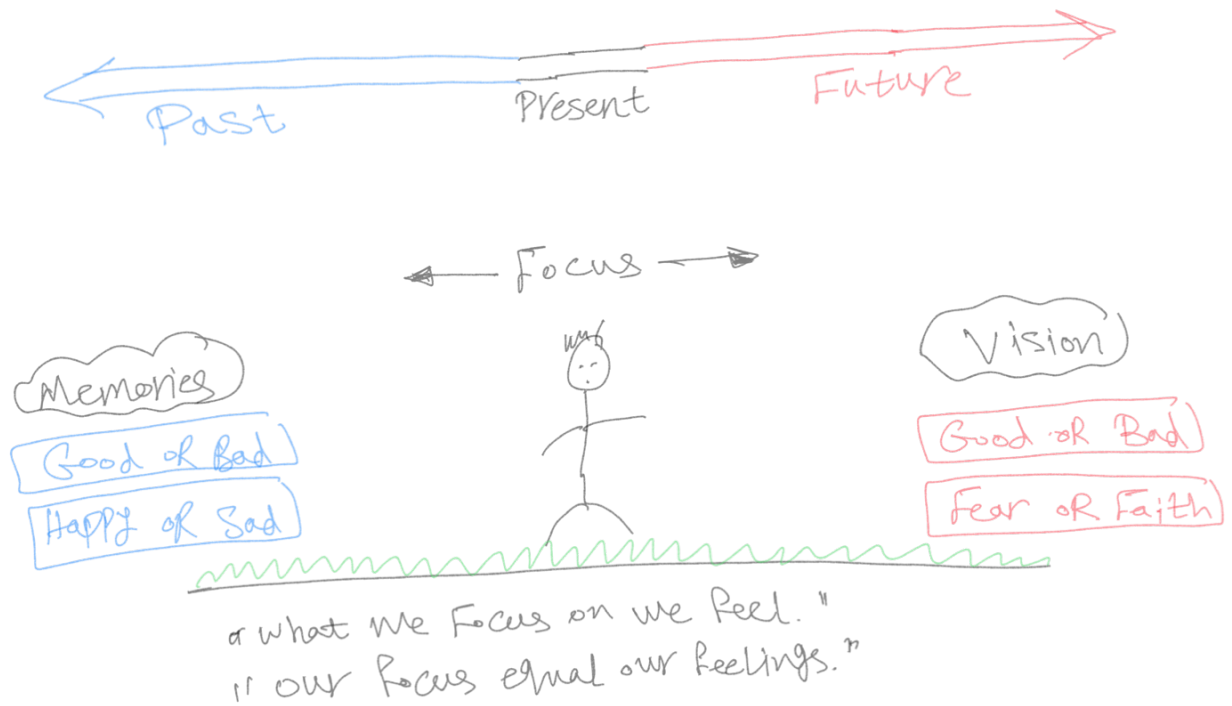
Growing in Maturity and Developing our Wise Mind:



Attributes of Emotional Health:

[illegible]

Emotional Time Travel:



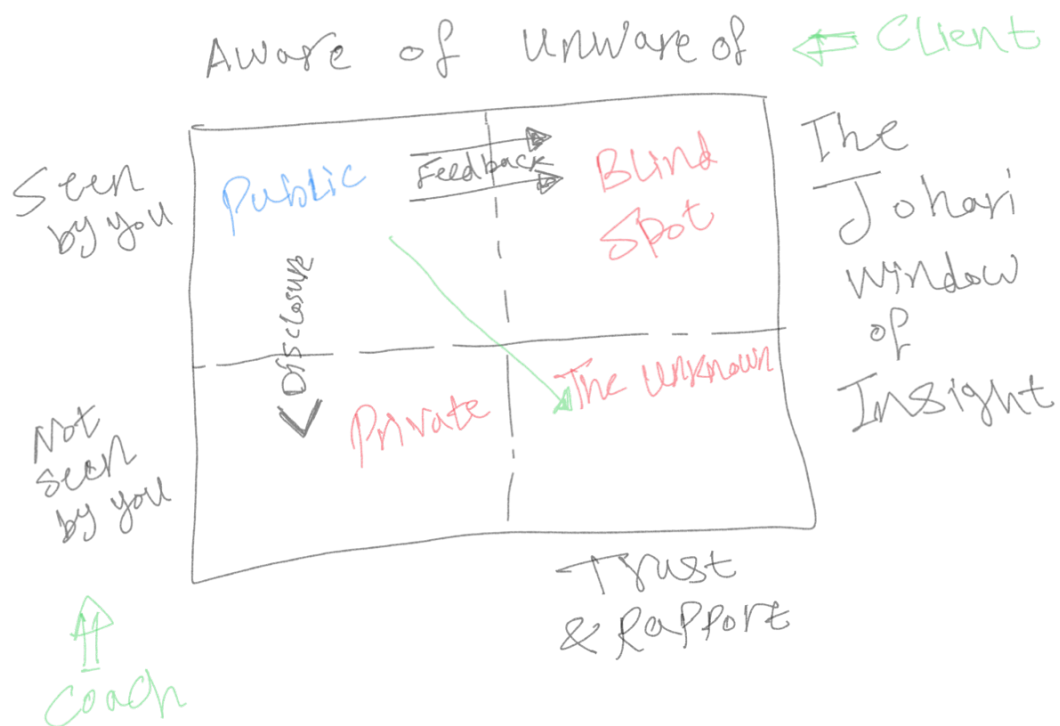
How to help someone to solve their Problems:

- Seeking to understand
- Reflecting Back
- Paraphrasing
- Summarizing
- Asking Questions
- Making Suggestions
- Giving Feedback
- Offering Guidance
- Giving Advice
- Instructing
- Telling

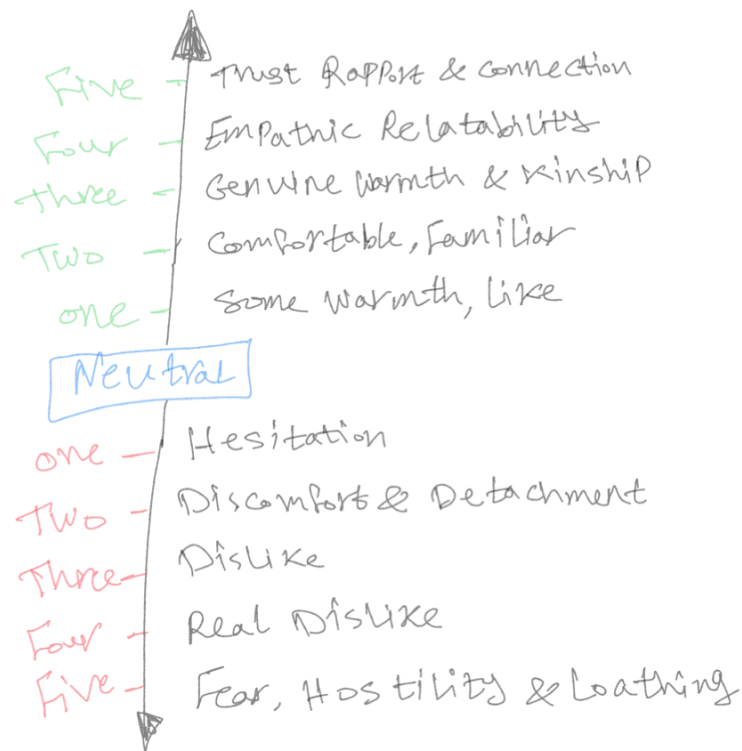
Operating Principles for Results focussed Coaching:

- My Coaching is based on truth and openness.
- Coaching are responsible for the results they are creating.
- A quiet mind can focus more objectively.
- Problems can't be solved until they have an owner.
- Life coaches are conduits of change & not change.
- No one is broken & no one needs fixed.
- We are only ever one strategy from a result.

The Johari Window of Insight:



The Scale of Rapport and Relatability:



The Four Stages of Belief Development:

- Imprinting Period = **0 - 7**
- Modeling Period = **7 - 14**
- Socialization Phase = **14 - 21**
- Actualization = **21 - Death**

Be that Self which One is

I Don't wish to be who I believe I'm

I will try to be someone who's better than I

I **Fail** & hate myself

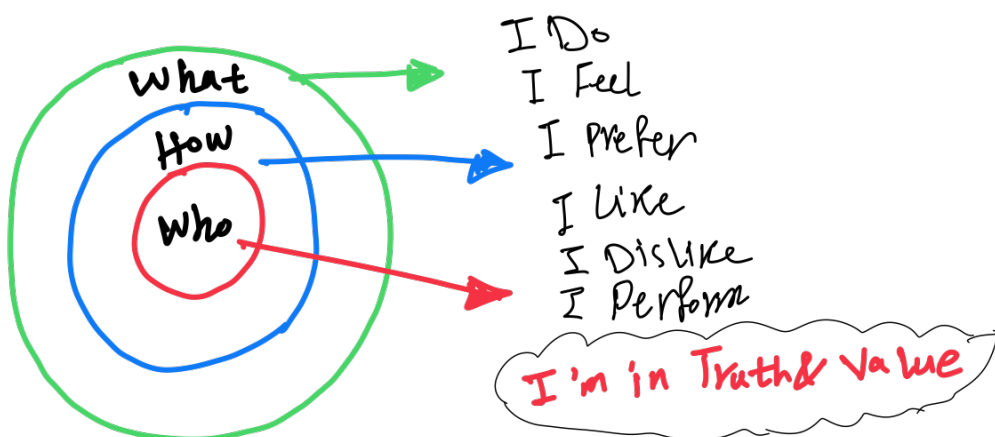
I **Succeed** & lose myself

Either way, I'm at **Despair** within myself

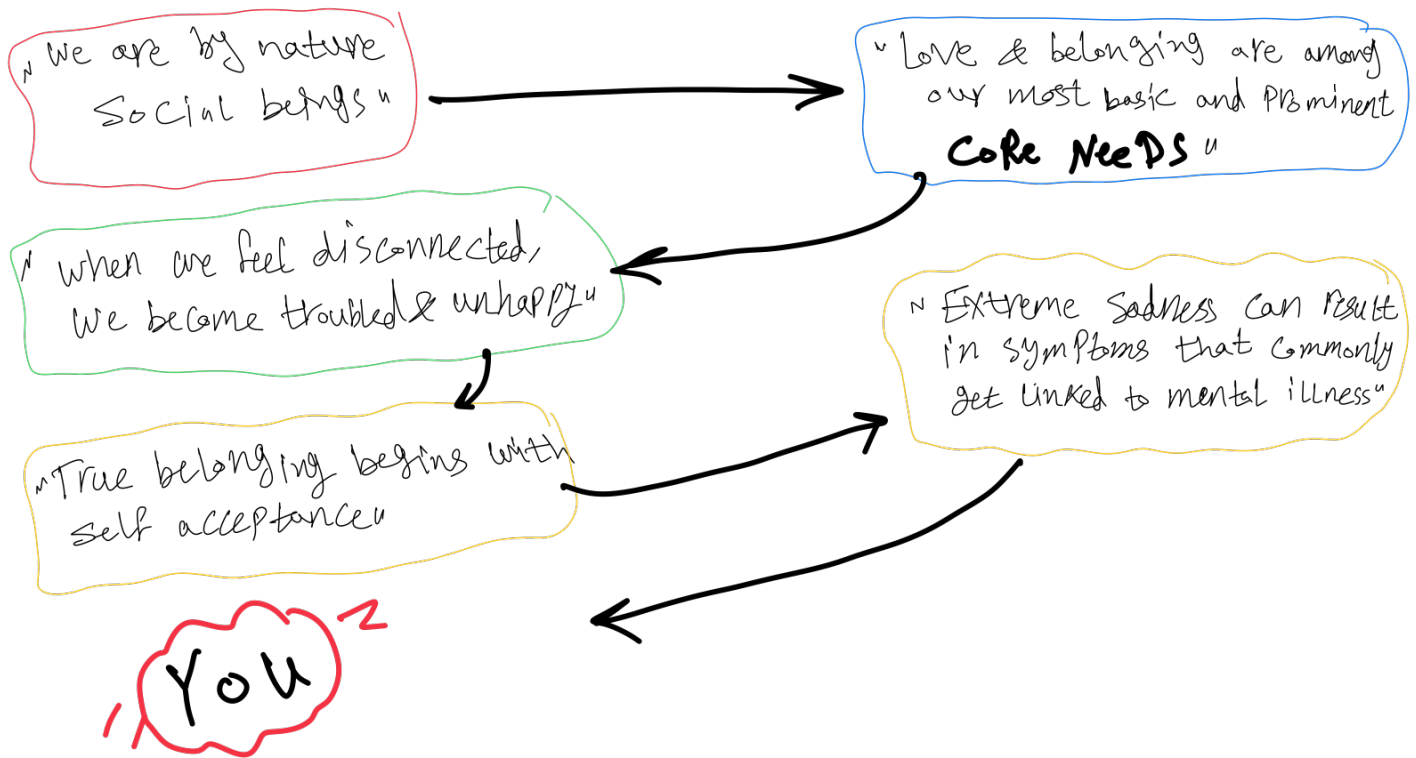
To escape **Despair**, I must accept who I'm

Being myself fully brings end to **Despair**

The Core Identity:



Social Psychology: Choice Theory:



The Belief Modification Process:

