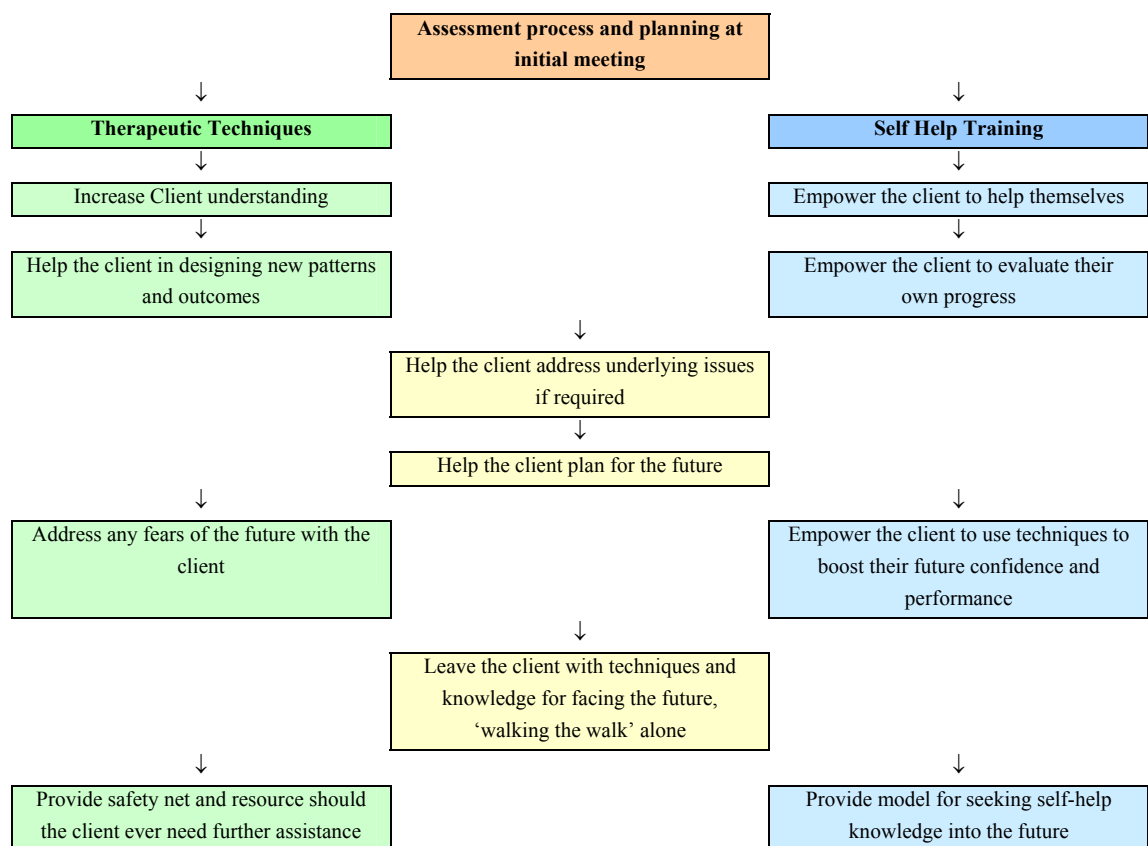




TUTOR TALK: Key Learning Points

1. Life Coaching is the combination of therapeutic techniques and training the client in new skills and knowledge.
2. You must not give direct advice unless qualified in that area.
3. Your role is to enable the client to find their answers, not to impose your views or solutions.
4. Your assistance should be carefully planned, yet adaptable to the feedback and experiences of the client.
5. The client should, where possible, be able to resolve their own problems in the future, or at least be able to deal with new issues more effectively.



Basic Flow diagram of Life Coaching

At every stage the practitioner seeks feedback from the client in order to modify and adapt where appropriate. The initial meeting plan is never 'cast in stone'. As military leaders have long since known, the initial battle plan rarely survives first contact with the enemy. Although the coaching process should not be seen as combative, the principle still applies, since therapy interventions always throw up additional variables and feedback, especially if underlying causes are present.

What are life skills?

One of the things that a Life Coach teaches (or coaches their clients in) is a variety of 'life skills'.

There is no set definition of what life skills are. Some examples are provided below, and you are encouraged to make additional lists of skills and knowledge that can be added to the list. Draw on your own experiences as well as those you have seen in others.

Personal Life Skills

For example:

- Choosing appropriate clothing and presentation for specific situations
- Qualifications
- Ability to handle money or debt
- Ability to act appropriately in different environments
- Ability to avoid or moderate certain behaviours (e.g. drinking sensibly rather than binge drinking)
- Loving yourself
- Respecting yourself
- Looking after your health

Spiritual Life Skills

- Being in touch with aspects of the environment such as the countryside that make you feel good.
- Being able to express yourself and feel the expression of others through art forms, such as music or paintings.
- Feeling at ease and content with your faith model of the world, whether you are atheist, agnostic or religious.
- Being in touch with your inner needs and feelings.
- Being at ease with any moral implications of your practical day-to-day actions.

Business Life Skills

- Effective communication and presentation
- Sales ability
- Being personable
- Being professional
- Being on time
- Being competent at your job in terms of performance and quality
- Feeling job satisfaction from your work

Crisis Life Skills

- Crisis management
- Helping others
- Survival, physical and emotional
- Dealing with illness, injury or pain
- Helping others to deal with illness, injury or pain

Parenting Life Skills

- Caring for children materially, emotionally and physically
- Setting boundaries
- Coping with stress
- Anger management
- Coping with external agencies and professionals
- Coping with ex-partners

Social Life Skills

- Feeling confident in public
- Mixing easily
- Being appropriate (e.g. not getting drunk and behaving badly)
- Talking easily to members of the opposite sex (or same sex depending on gender preference)
- Being comfortable with sexual orientations
- Being comfortable and confident about your partner in public
- Not being jealous or possessive

Relationship and Love Life Skills

- Avoiding jealousy
- Trust
- Unconditional love
- Avoiding abusive relationships
- Choosing compatible partners
- Being comfortable with sexual orientations
- Relating to in-laws and other family members
- Avoiding counter dependency
- Avoiding being dominated
- Anger management

Now spend 10-20 minutes adding your own examples for each of these headings, and perhaps add a 'miscellaneous' section too! There is an endless list of possibilities, since every person is unique. If time permits, ask a partner, friend or family member for their ideas. Remember, no-one is right or wrong, and any client you see after graduating will present a range of problems in much the same way.



TUTOR TALK: Key Learning points

1. There are different parts of life in which a client may need to learn new skills.
2. There are no right or wrong things for a client to be worried about. Any part of life, and any aspect of life may feel inadequate or 'wrong' to a client, in case they may wish to learn new skills or strategies.
3. The problem areas indicated by the client provide you with real issues they want resolved, but may also provide clues to deeper patterns that need resolving (this will be covered in more detail later).

As you work through the course, you will learn methods and resources to draw on that will enable you to help clients needing assistance in a wide range of situations.

What elements of therapy are contained within life coaching?

Perhaps the best starting point when discussing this is to discuss what kind of therapy Life Coaching really is. We have already looked at its similarity to both CBT and Humanistic models, and mentioned that it is an eclectic form of therapy.

Life Coaching is essentially a humanistic form of Cognitive Behavioural Therapy, which uses a teaching or coaching model.

When looking, therefore, at the different types of therapy that may be included, it is worth beginning with the assumption that these will fall into two types:

1. Cognitive Behavioural Therapies
2. Therapies that lend themselves to teaching new life skills

To explain this further, CBT forms of therapy are essentially based around the changing of perception (cognitive), and responses in different situations (behaviour). This topic is discussed in depth further on in the course, providing methods and tools for the graduate to make use of. For now let us simply consider some examples of CBT.