

A Dynamic Life

In most cases, clients don't come to coaching because they want to get into action. They're already in action. In fact in most cases our clients are in action up to their ears. The reason they are coming to coaching is because they are not getting the results they want from the action they are taking. They want different action, maybe even less of it. Whether they realize it or not, every day they are making choices and the choices become a life. Often, clients don't see that they have choices; what they see instead is that they don't have choice. They say things like "that's reality," or "I can't because..." or "that's just the way it is with me." Part of our job as coaches is to break open this blindness and help clients see that they really do make choices, even on the days when it feels like their world is running the show.

At its most fundamental, coaching for Balance is about helping clients become conscious of choice, and helping them make life-giving choices. The result will be a life of alive, empowered, effective action leading to a more fulfilling life. By the way, this is why the CTI Intermediate courses begin with Fulfillment. Coaching for fulfillment gives clients a sense of the destination: What would a fulfilling life — a valued life — look like, and feel like? Once they have that in mind, it's time to make choices to make it real. In the Balance course we build on the vision created in Fulfillment and Life Purpose.

It's important to emphasize here that "balance" takes place in the midst of action. Life Balance is not the same as equilibrium; it is not about having the same weight on each component of their lives. Equal parts of family, work, recreation, etc., is not the goal. There is a moving balance point with these significant areas of the client's life and that's where the coaching is headed. Also, be aware that there is no point when life will finally be "in balance." There is no resting place except "The Final Resting Place." As long as we're alive we will be moving toward more alignment with the balance we want, or we will be moving away from it.