

## Continue to Invest in Yourself as a Coach

Congratulations on starting your coach training! The Coaches Training Institute is the premier school for training coaching skills, so you are in the right place to learn how to be a powerful, impact-full coach. Continuing your CTI training, through the entire coaching skills course sequence, is the most important investment you can make in your business success.

It is also important to become a certified coach. Through CTI you can become a Certified Professional Co-Active® Coach, and the CTI Certification course is designed to help you deepen your coaching skills and gain invaluable mentoring and experience. In addition, you may want to pursue certification through the International Coach Federation as an advanced way to show your professionalism, experience, and dedication to the coaching industry. ICF certification is typically available after you have been coaching full time for a year or more as it requires a significant level of paid coaching hours.

The key difference between novice and master coaching is the facility with which the coach uses various coaching skills and techniques. This flexibility and adaptability comes only through coaching experience. Because of this, along with pursuing professional coach training, it is important to practice your new skills as much as possible — Practice! Practice! Practice!

When you are in training, and starting your business, it's the perfect time to coach as many people as possible in as many different walks of life as possible. Through these different situations, you'll become more at ease applying the skills and techniques that you are learning. By focusing on the consistent application and practice of your skills, you'll also be improving the quality of your coaching. Another benefit will be that you will gain clarity about what type of people and situations are most aligned

with your own coaching style and life experiences.

One option for increasing your opportunities to practice coaching is to offer pro-bono coaching to your favorite non-profit and community organizations. You'll be gaining invaluable experience while also giving back to the community in a way that is meaningful to you. In addition, the organization will benefit from your coaching, helping them to become more successful and fulfilled. It's a win-win situation!

### Additional Resources

International Coach Federation (ICF): [www.coachfederation.org](http://www.coachfederation.org)