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LIFE COACHING

Be the best version of yourself

Introduction

The world we are living in is developing rapidly. The greater inflow of information and technological advancements had made our life busy. Now we must perform multiple tasks in a single moment, and this multitasking sometimes creates great stress and anxiety. While going through those busy schedules of life, we may forget about our dreams or be unable to turn them into reality. We may try a lot of things and activities to change our life at many stages, but due to the lack of planning and proper guidance, we failed to do so.

There is no doubt in it that life does not move in a straight line. One must face different kinds of issues at different stages of life, such as personal issues, relationship issues, health issues, business development issues, career issues, and so on. Here the multiple questions arose like what would be the solution to all these problems, how to get rid of facing them, and how to thrive in life by defeating all these problems? One may also think that is there any place that can help me to plan my life and defeat all those problems of life smartly.

If you are facing any such problem or want to have a planned and happy life, then there is no need to be worried as there is a solution that can help you to live the life that you want to have. The platform you are visiting now can help you to have a better and planned life and assist you in creating life skills that are not only necessary but inevitable. Being your life coach, I would help you to not only think differently but also inculcate those skills in you that can help you to have the best in life.

This short book will provide you brief information about what life coaching is, how it works, different models of life coaching, how life coaching can help you, and what will be the benefits of life coaching for you.

Table of Contents

Introduction	2
Chapter # 1: What is life coaching, and how it works?	4
1. Definition:	4
3. The life coaching process:	5
Chapter #2: The methods/models used in life coaching:	6
1. The processes and techniques:	6
1. The GROW coaching model:	6
2. STAR coaching model:	7
Chapter #3: Areas in which life coaching can be used.	9
1. Relationship and family coaching:	9
2. Career Coaching:	9
3. Finance Coaching:	9
4. Mental health Coaching:	9
5. Health and wellness coaching:	10
6. Spiritual Coaching:	10
7. Personal development:	10
8. Work/life balance:	10
Chapter # 4: Benefits of Life Coaching:	11
Conclusion	13
About me	14

Chapter # 1: What is life coaching, and how it works?

Though life coaching is not a new term or a new concept, many of us may have confusion in mind about what are the real meanings of life coaching and how coaches can change our life. Undoubtedly, your questions are good, and I would be happy to let you know that what life coaching means.

1. Definition:

A life coach is a sort of wellness expert who assists individuals in making positive changes in their lives in order to achieve better satisfaction. Life coaches work with their customers to improve their relationships, professions, and daily lives.

Additionally, it is far more frequent than you may believe. Coaches have been employed by many of the world's most prominent business executives, entrepreneurs, and Bosses, in addition to regular people. Princess Diana, Nelson Mandela, Hugh Jackman, and Serena Williams are among the previous coaching clients that found life coaching necessary for a successful and happy life.

Life coaches can assist you in clarifying your objectives, identifying the difficulties that are weighing you down, and developing methods to overcome each hurdle. Life coaches emphasize your particular abilities and gifts while developing these methods. Life coaches give the assistance you need to accomplish long-term transformation by assisting you in making the most of your talents.

Coaches work with clients one-on-one to help them accomplish personal, interpersonal, and professional objectives. Tools, strategies, and procedures are used by coaches to assist clients in discovering what motivates them, where they'd want to go, and how to get there effectively. There are several phases to building up a relationship based on trust. They are:

- Creation of different kinds of reports
- Assessing the areas that need immediate attention
- Identification of areas that are creating hurdles
- Establishing the real-life goals and also define them to achieve
- A thorough assessment of steps that are required to accomplish the goals
- Inculcation of motivations and commitments to achieve the predefined goals
- Measuring the progress on a regular basis
- Creation of accountability to succeed
- Rewarding or celebrating success

The strategies, methods, and procedures used by coaches to assist you in achieving your goals are diverse. In addition, coaches have access to a wide variety of training and educational programs, which means they have numerous options for helping you achieve.

The first session or meeting: 15 minutes to an hour is generally the length of the initial session with a life coach. As a result, they understand more about you and your goals. If life

coaching is suitable for you, this may be your first appointment, or it could be a time to determine what you want to concentrate on, or it might be both. There will likely be a lot of questions asked by the life coach in this first session, as well as possible testing and other activities to determine the best way to achieve your goals. Questions they may ask usually involve:

- What is your area of interest?
- Which of the following do you try to avoid?
- Is there anything keeping you from achieving your goals?

You'll never know where it will take you. This issue might also be viewed in a different light. It goes without saying that, among other things, this meeting should end with a game plan and a notion of what to do next.

3. The life coaching process:

- ❖ **Phase 1, Assessment:** The first step of life coaching is finding out who you truly are. It consists of some questions that will let the life coach know about who you are, as the answers to these questions will help your coach to decide what you want and how he can help you in achieving your life goals.
- ❖ **Phase 2, Uncovering Obstacles:** During this stage, the coach examines the barriers that have prevented you from achieving the desired results. Inner barriers, such as harmful fundamental beliefs or poor techniques, can be a source of the difficulty. Before you can go forward, you may need to overcome barriers that are external to yourself.
- ❖ **Phase 3, Planning:** Understanding yourself, your goals, and the barriers standing in your way allows you to create a plan of action. As part of this strategy, you will discover new techniques for overcoming barriers, both internal and external. You obtain greater outcomes when you learn how to do things in a different way.
- ❖ **Phase 4, Action and Accountability:** While moving toward the fourth phase of life coaching is action accountability, you will know what to do, when to do it, and why to do it. This means that at the end of each coaching session, you will be given a new strategic task and allowed to carry out that task by performing an action that can move you forward. The major goal of this phase is to inculcate self-motivation in you so you can keep yourself motivated every day.
- ❖ **Phase 5, Integration:** You take on the role of your own personal coach. In order to achieve your new goals, you use all you've learned from the life coaching work.

Chapter #2: The methods/models used in life coaching:

With the help of life coaching, you may achieve a shift that will bring your life back into equilibrium. Using a variety of tools and strategies, life coaches help their clients identify their objectives and empower them to accomplish those goals by offering guidance, as well as encouragement, and challenge. Life coaches work on the assumption that their clients already know the answers to their own questions and concerns.

1. The processes and techniques:

Coaches use a variety of techniques, including visualization, affirmations, hypnosis, neuro-linguistic programming, meditation, relaxation, emotional liberation method, identifying limiting beliefs, and more. Sometimes understanding your ultimate goal and defining how you want to feel might assist jumpstart a fresh process of readjustment. There are various methods or coaching models that are designed to structure the life coaching process. With the help of these models, a coach can not only access the personal trait of the clients but also help them in setting and achieving their goals. Below are the most popular models or methods that are used in life coaching:

1. The GROW coaching model:

Goals, Reality, Options, and Will are the four components of the GROW paradigm. In addition, it's one of the simplest methods for coaching to apply and to remember. People are asked to think about their present situation, their intended future, and how they might overcome the gap between the two using the GROW model. A variety of additional coaching methods and problem-solving methodologies are based on this approach. The GROW model consists of a different set of questions at all four stages that help the coach to guide and improve the life of the coachee. The four steps of the GROW model are:

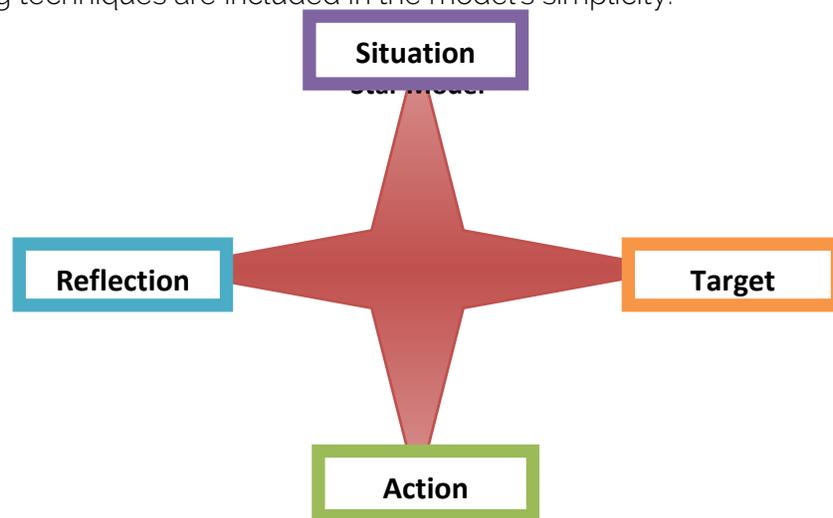
- ❖ **Creation or establishment of goals:** Be specific about what you want to achieve and how you will do it. Change in behaviour or a goal to be achieved might be the case.
- ❖ **Examination of reality:** Understand where the client is at this point in time and identify any obstacles that are preventing them from reaching their goals. Then, identify your own talents, traits, and resources that may be able to assist you in your quest.
- ❖ **Exploring the options:** This step consists of the options that are available to the client to change his / her life or to achieve his goals. In this step, the persons that are receiving life coaching are challenged to answer some questions that will, in turn, inculcate an ability that allows them to respond effectively in different situations.
- ❖ **Establishing the will:** After identifying a set of activities, the coachee commits to them in the last step of the GROW Coaching Model. It helps people picture the exact measures they will take to achieve their goals, which improves the

likelihood that they will actually take those activities as a result of narrowing their alternatives. In a similar fashion, expressing and committing to their actions in dialogue with a coach improves the likelihood that they will carry them out.

2. STAR coaching model:

Coaches using STAR can help corporate executives who are a novice to leadership, have moved into a different job, want to enhance their management style, or have found themselves in tough situations of different changes and challenges that they have yet to accept.

This model is breaking down into four different steps, and all four steps in the model are essential to attaining the intended result. For the client's personal growth, many coaching techniques are included in the model's simplicity.



- ❖ **Situation:** It all starts with a look at where you are right now. What is your current situation? What is required to bring you to where you want to go or who you want to become? A solid growth foundation is established as a result of identifying your values, beliefs, and views.
- ❖ **Target:** Your intended objective (Target) is the focus of the second part of the process. During this change, what do you want to accomplish? In this phase, daydreaming is no longer an option. What appears to be impossible becomes attainable as a result. What at first appears to be implausible turns out to be plausible? We bring clarity to the situation.
- ❖ **Action:** "Actions that lead to success" is the focus of the third stage. We examine all of the tiny and large actions that must be taken in order for you to accomplish your goals. Challenges are

overcome, and confidence and dedication are increased. We help you become more aware of your talents and your capacity to utilize them at the appropriate moment and for the right cause, and we teach you how to use them effectively. We provide you the tools to succeed. The time has come for you to go out and make a difference.

- ❖ **Reflection:** Reflection is the fourth and final step. A very humble reflection on the accomplishments and lessons learned throughout the coaching process takes place as you return your own inner self.

Chapter #3: Areas in which life coaching can be used.

Life coaching can help you with a wide range of issues and concerns. There are so many elements to life that it is possible to work on any one part of it. Question yourself: "What am I trying to accomplish in my life?" What areas of my life do I wish to improve upon? The choice is yours, or you may work with a competent coach to figure out what's troubling you the most. You may believe you are alone in trying to better a specific aspect of life or achieve a specific goal, but there are hundreds of individuals who are seeking transformation in those very same aspects with the assistance of a life coach. You might be amazed at how many individuals are looking for help in the same areas that you are.

Many life coaches may provide people with basic advice for whichever stage of life they are at. People who want to improve their entire personal growth will usually discover that a general life coach may help them. Some life coaches specialize in particular sorts of circumstances. Among the most well-known are:

1. Relationship and family coaching:

Couples and families who are experiencing communication problems might benefit from the assistance of a life coach. Individuals can also find actionable solutions to their present difficulties with the aid of this program. Their straightforward counsel and the ability to bring people together to resolve problems are two of their greatest assets. A family coach can assist restore peace to a family if there has been strife. Individuals who have a tough time finding the appropriate partner or have a history of unsuccessful relationships might benefit from the services of relationship coaches. They can also offer advice to couples who are thinking about getting married or getting divorced.

2. Career Coaching:

If you're considering a job shift or retirement, a career coach is a great resource. Anyone who wants to advance in their career or establish a business will find it beneficial. Others seek the assistance of a career coach in order to identify what sorts of employment would be most suitable for their skill sets and interests, as well as the direction in which their professional path should go.

3. Finance Coaching:

They can assist individuals who are trying to maintain monthly costs or pay off debts by helping them set and achieve long-term financial objectives. Money management or budgetary challenges can be addressed with the help of a financial coach.

4. Mental health Coaching:

A mental health coach can help people deal with particular difficulties, such as conflict, sorrow, or rage, by providing guidance and support. Psychotherapists should be consulted in situations of a generalized anxiety disorder (GAD), depression, and other mental health concerns. Individuals can benefit from their assistance in finding a sense of balance in their lives, as well as in developing plans for achieving their own goals.

Some people seek the advice of a mental health coach to boost their self-esteem or discover a sense of direction. As well as mood management and relaxation methods, some people seek out their services to improve their mental health.

5. Health and wellness coaching:

A health coach gives inspiration and advice to those who are interested in weight loss, diet, and exercise. As well as being qualified coaches, some of these individuals may also be professional personal trainers or dietitians. Overeating, poor health, and obsessive dieting are just a few of the problems they may assist folks in dealing with.

6. Spiritual Coaching:

Those who are pursuing enlightenment or a deeper purpose in life might benefit from the services of a spiritual coach. To assist individuals in discovering inspiration and solutions, this sort of coach uses spirituality. A spiritual coach can assist people in coming in contact with their spirituality and making decisions that conform to their religion's rules. Meditation and prayer are examples of approaches that they may recommend to you. Coaches that specialize in religion or spirituality, such as Buddhists, Christians, or Jews, fall under this category.

7. Personal development:

Increasing your self-awareness is the objective of personal development. It also involves examining life objectives, personal problems, and long-term desires. To enhance specific aspects of your life through coaching, it is necessary for you to analyse these lifestyle changes and appraise your strengths and shortcomings.

8. Work/life balance:

Work/life balance is one of those requirements of life that should be met at any cost. It is all about planning and organizing your days, such as how many hours you have to spend at the office or at the working site and how many hours you have to spend doing all other activities that are other than your work. Some individuals are able to identify an issue early on and handle it well, whereas others are not. Others, on the other hand, may require a bit more coaching than others. In general, we seek to support and guidance from our loved ones, but sometimes we may also get an advantage from expert assistance. Being able to discuss your life goals with a coach may be a huge help in getting back on track. Everyone has to make concessions, but it is possible to live a productive life that allows us to enjoy our time away from work while still achieving success at work.

Chapter # 4: Benefits of Life Coaching:

Issues, whether large or small, can be addressed with the aid of a life coach. Whether you're lonely and depressed or already feel accomplished, it might be helpful. The end result is that it can help you get closer to living the life you truly want to live. As a result, life coaching may be useful in helping you discover answers and achieve your objectives, whether you're looking to advance your profession or resolve a difficult relationship issue.

Life coaching may help you make positive changes in your own life that will last. Change is easy for many people but maintaining a reform agenda is frequently considerably more challenging. The result is that we don't reach our goals, which makes the very next moment we attempt to make a change in our lives tougher since we anticipate failing. An experienced life coach can assist you in avoiding roadblocks and ensuring that whatever adjustments you make are the appropriate ones.

It is hard to sum up the benefits of life coaching as it is a very diverse and dynamic field. However, some important benefits of life coaching are enlisted below:

- ❖ **Improved self-confidence:** Life coaching helps you to establish and achieve the goals along with accountability and to reward yourself. This accountability improves self-confidence and working capability.
- ❖ **Greater self-awareness:** Knowing your effect on others and acknowledging your shortcomings, talents, and particular personality traits may be a very difficult journey. Self-awareness is the art. A life coach can help you establish a better ability for insight and contemplation.
- ❖ **Helpful in having balanced life:** Each person's definition of life balance is unique, but it usually pertains to a harmonious and tranquil interaction between your physical and cognitive being, along with your key life areas. One of the advantages of working with a life coach is that they can help you understand what balance means to you and how to attain it.
- ❖ **Build a better relationship:** Relations bind people to society and offer a common sense of purpose. Strong connections are essential to happiness, from marriages to friendships and even beyond. Those persons that had hired life coaches are enjoying better relationships in life.
- ❖ **Help in achieving goals:** Life is full of ambitions, but relatively few individuals turn their desires into measurable objectives that they can work toward in a disciplined manner. Being able to clearly identify your life objectives and establish a specific, attainable strategy to accomplish them is a key benefit of life coaching.
- ❖ **A way to find happiness:** Truly happy individuals are rare, and it's difficult to conceive a life that's always pleasant. It's all about how you feel on the inside at the end of the day. With the help of a life coach, you may define your life objectives, create a sense of balance, and devote yourself to becoming the best version of yourself. This opens the door to happiness. A life coach's primary motivation is to help others achieve happiness.

- ❖ **Able to do what you want to:** To be happy and satisfied, it's important to find and do the one thing you enjoy most. Clarity of purpose allows for more insight into what this mission may be, as well as how to achieve it. Having a life coach on your side has numerous benefits.
- ❖ **Assessing your strength and weaknesses:** As a life coach, I will take an unbiased look at your strengths and shortcomings, enabling you to understand where you have the most room for improvement and growth.
- ❖ **Help you to unlock your potential:** Untapped potential is buried by prejudice and closedmindedness in many people today. A life coach may help you tap into this potential by introducing you to new ways of thinking and helping you to clarify your life's path.
- ❖ **Improved communication:** One of the key advantages of life coaching is that it improves your communication. It starts with the description of yourself and ends with what you want to have in life. It allows you to be open about what you want when you want and what can make you happy. You can explain yourself in a better and persuasive way.
- ❖ **Eliminate negative thoughts:** Life coaches are equipped with a variety of strategies that can help you remove or minimize negative ideas that weigh you down, in addition to focusing on the good parts of life, such as your mission, objectives, and potential.
- ❖ **Manage time and productivity:** Some people are more productive with their 24 hours than others. It is possible to better manage your time, create goals, and get more done by meeting with a life coach.
- ❖ **Stay motivated:** Everyone is susceptible to setbacks and obstacles. Maintaining consistency and maximal effort through tough circumstances is one of life coaching's most sought-after advantages. Inspiring and energizing moments are likely to surface.
- ❖ **Better decision-making:** Contrary to popular belief, most people make judgments based on feeling or subconscious impulses rather than logic. Knowing how the mind works allows you to restructure the decision-making approach.
- ❖ **Reduces stress:** Stress affects a significant segment of the population. Depression and anxiety might be brought on by financial constraints, work-related challenges, or personal relationship issues. Relaxation techniques, such as NLP, are available to life coaches. These approaches can lessen the mental issues that cause stress in your life.
- ❖ **Decreased depression and anxiety:** A lot of complicated factors contribute to depression and anxiety, and none of them are easily remedied. It is possible, however, to better manage these difficulties when you have a friend in your camp who knows your triggers.

Conclusion

Everyone has a distinct idea of what it means to be happy. Certain things are true, though, such as knowing your purpose, removing negativity from your life, and having the tools and strategies to establish meaningful connections. As a matter of fact, they are well within reach — all you need is some guidance and a partner to enable you gets there. Your personal life coach is here to help you.

Life coaching is an investment in your wellbeing and has long-lasting benefits like other investments like a gym membership, dining out, or weekend abroad that have short-term gain. Life Coaching, on the other hand, will provide you with skills and strategies that you may use again and over again in order to achieve your goals.

About me

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