

# THE BENEFITS OF WORKING WITH A LIFE COACH



**Coaching makes a difference when two factors are present:**

1. The client is willing to change and grow.
2. There is a gap between where the client is now and where he or she wants to be. The gap can be many things: Personal life, love life, work life, boundary issues, fears, etc.

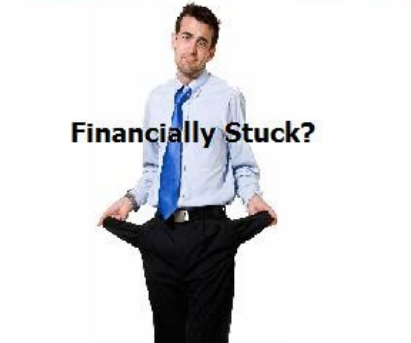
**With a Life Coach you will:**

**Be “in action” because you set the goals you really want.**

Finding out what you really want and what goals you want to set is the first course of action.

**Have a balanced life because you designed it.**

Without a balanced life you don't have a solid base to begin to make changes in your life. A coach helps you determine what it means to balance your life.



**Help you to “push the envelope.”**

Your coach will nudge you out of your comfort zone. Your coach will make you reach more and more without you being consumed by the process. When you have a partner (coach) you can trust, you can feel safe reaching for more.

**Help you to make better decisions** because your focus is much more clear and defined.



**Have a lot more energy** because you will be happier and more productive.

**Help clear up unresolved issues**

Find closure with issues that seem to keep re-surfacing.

**Get your needs met**

Learn to ask for what you want from yourself and others.



**Stop tolerating**

Learn to spend less time with the inappropriate behaviors of others and yourself.

**Come from a more positive place**

Look at life in a more positive way and stop waiting for the other shoe to drop.



**Strengthen your support system**

When you have a strong support system such as your family, significant other, or friends, you can do anything!