

To Be Coached or Not To Be: Why Life Coaching Might Be Just For You



Nicole Hancock Husband practices employment law in-house at an entertainment company and she completed the core coach training courses with The Coaches Training Institute (CTI) in 2009. She began CTI's professional certification process in June 2010. For more on Nicole's thoughts and inspirations, please visit her blog: <http://wordpress.claimingvictory.com>. If you would like to discuss coaching in greater depth with Nicole, she would be delighted to hear from you at: bigsiscoaching@gmail.com.

I will confess that when I first heard that one of my law firm colleagues was seeing a life coach, I was skeptical. I might have even chuckled a bit when I said, "What's that?" (By the way, my co-workers were chuckling too.) That was seven years ago. I had no idea what a life coach was and honestly, it sounded a bit hokey. I had no idea then that I would later embark upon the wonderful journey of studying to become a coach myself!

Now that I have finished my coach training, I decided to write an article to share some of the benefits of coaching for those who might be as skeptical as I was so many years ago. As a former law student, law clerk, law firm associate and now as in-house counsel, I am intimately familiar with the pressures we face as students and later as attorneys. I pursued coaching because I want to inspire others to follow their passion and live the life they truly want to lead, whether in terms of a career, a relationship or life overall. When you allow yourself to think seriously about it, it's not so weird after all. Au contraire, most people find coaching to be enlightening, inspiring, and powerful!

So what is coaching all about? When people ask me what coaching is, I describe it as a heart-to-heart connection with someone who is there to help you honor your dream. A coach is meant to guide you along the process of determining goals, moving into action, and achieving those goals. Coaching is a forward-thinking process, as opposed to therapy, which focuses on overcoming past events. In coaching we often use "Positive Psychology" to motivate a client. Professional coach Valorie Burton describes successful coaches as "bold truth-tellers who inspire action and expanded thinking." Who can argue with that?

For some people, there seems to be a stigma attached to hiring a coach. There shouldn't be. We all have "life coaches" in a certain sense - family, friends, pastors, mentors, therapists, people who listen to us and give us advice. Just like sports teams have coaches to teach, train and motivate them, so too are there business coaches for executives as well as health and wellness coaches, and yes, life coaches who assist clients in identifying and realizing their dreams. I submit to you that we all need a little motivation from time to time.

Maybe you're thinking - Why pay a coach when I have my family and friends to talk to about my dreams and goals? Some people are apprehensive about sharing their true dreams with family members because they might not understand the dream or encourage it. Perhaps that person is pushing his or her opinion about the direction your life should take. I'll bet we have all heard the "you need to get your education and then get a steady job with a paycheck every two weeks" speech. With your coach, you can be exactly the person you want to be, no holds barred. A good coach will dream with you, hold you accountable for your vision and cheer you on along the way.

Keep in mind, the coach doesn't have all the answers; she is not the guru. Quite the opposite is true -- all the answers reside right there in you. The coach will help you to uncover those answers.

After you read this, if anyone asks you what a life coach is, you can tell them it's like any other coach -- someone who believes in you, wants the best for you, and is willing to do whatever it takes to help you determine and honor your most passionate dreams!