



A Life Coach Helps Clients Turn Dreams into Reality

Imagine surrounding yourself with the things you love to do, the people you love to be with, the environment that you want to be in, even the clothes you want to wear. With the guidance of a life coach, you can make those choices a reality.

Are you living your life in a way which is uniquely meaningful? Every individual has a different answer to this question. Life coaching provides a strategy to answer that challenge.

Every day we make choices about what we want to do with our lives. The choices are about issues like where and how we work, how we handle the family and our other relationships, how we deal with our finances, what makes us happy and whether we find the time to do those things that we really enjoy. A life coach assists you in determining those things in life that you value the most and then creating an action plan to achieve those goals.

The life coach provides the questions to help you hear yourself think. He or she listens intently to you, makes observations, clarifies what you're saying so that both of you understand what you want, and together you create a plan to make it happen.

Just as an athlete excels with a good coach, you can expand your horizons through a life coach. A life coach helps you answer the questions you've always had about "what you want to be when you grow up." Maybe you don't even know what you want to do. Or maybe you do know and it's hard to get in touch with how to make those plans so that you can accomplish your dreams. Or, maybe you are living your best life and want to make it even more magnificent. A life coach supports you in your goals by providing follow through and accountability to make your life the most fantastic life it can be.

How does the coaching process work? Initially, a coach usually provides several questionnaires for you to fill out about your current lifestyle, values, wants and obstacles that are getting in the way of achieving your goals. One of the questions we ask is, "What is draining your energy in your home and work environment? Be as specific as possible." Common answers range from a boss who doesn't appreciate your work to a broken window. All of the little and big things that zap your energy as soon as you walk in the door are what we want to help you control or eliminate, so that from the first moment you wake up you feel refreshed and ready to start your day. By uncluttering your life, you make room for more intentional, meaningful and fun activities. Doesn't that sound great?

Although each coach operates differently, here are some general guidelines for how a coaching session is run. Coaching sessions are generally done by phone so that you can be anywhere and contact your life coach for your regular session. Wherever there is a phone, you can enjoy a coaching session.

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Each session is approximately 45 minutes and begins by you relaying your achievements for the last week. Then we focus on the challenges you are facing for that particular week, what you want to focus your coaching session on, what you are grateful for and what you want to be held accountable for. We hold the big picture for you, and you give clarification about what is missing in your life. Together, we make a plan of action and develop baby steps to bring you closer to your goals.

Starting here and now, ask yourself whether your life is the best it can be. I believe that life is a process where we are always learning about ourselves and others. Remember, you know what you really want in life. Buried in your psyche is the magic treasure that is yet to be discovered. Let a life coach unlock your gifts and you will soar into a world of your own making.

Char Brooks, the founder of The First Step, is a life coach who specializes in empowering individuals to take the necessary steps to reach their lifelong ambitions. She assists individuals who are going through any type of life change such as divorce, grief, mid-life crisis, career change, retirement or empty nest syndrome. She is a member of the Lansing Area Coaches Association and the International Coach. She can be reached at 517-332-0755 or char@the-first-step.com.

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