



# WHAT IS A **LIFE** **COACH** AND DO YOU NEED ONE?

A GUIDE TO LEARNING WHAT A LIFE COACH IS  
& HOW IT CAN CHANGE YOUR LIFE

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Athletes have coaches. Many entrepreneurs and professionals have mentors. They're really the same thing. **A life coach is a coach for your life.** Most of us weren't formally taught how to live successfully. A life coach can help you to figure out what you want to do with your life, set goals, and achieve them. They have experience in helping others to live fulfilling lives.

### **A life coach wears many hats:**

1. **A life coach is a cheerleader.** Life is easier when someone is in your corner.

When you know you have support, it's easier to take risks and chase after big goals. You always have someone on your side when you have a life coach.

- Your life coach will also push you. They've seen plenty of clients attempt to avoid hard work and stressful situations. They'll know when you're playing games and push you to succeed.

2. **A life coach provides guidance.** It's not always easy to make good decisions, especially when you're stressed or fearful. And let's face it, some of us just don't make good decisions, period. **A life coach can help you to make wise decisions.**

- A friend can't always be objective or completely honest, but your life coach can. You'll hear what you need to hear from your life coach.

3. **A life coach helps you to determine what you want to be when you grow up.** It doesn't matter if you're 18 or 68. A mentor can help you to determine what the next step of your life should be. If you're feeling lost, a life coach might be the answer.

**4. A life coach will help you to find balance.** Life coaches are aware that there's more to life than just money or a perfect beach body. **They emphasize keeping all parts of a person's life in balance.** Health, professional success, relationships, finances, spirituality and leisure activities are all part of a well-balanced life.

**A life coach can help with many facets of life.** A few of these include:

- Career
- Love life
- Finding your life's purpose
- Achieving challenging goals
- Making more money
- Creating more free time
- Following an exercise program
- Starting a business

**6. A life coach is not a therapist.** Therapists deal with past issues and traumas. **Life coaches work from the present moment and into the future.** A life coach won't help you get over a past loss or deal with the fact that you were bullied in junior high. A life coach can guide you toward building a more desirable future.

**7. A life coach isn't required to have any training.** There are organizations that certify life coaches, but they aren't necessary to hang out a shingle and make a living as a life coach. Be sure to vet anyone you're considering hiring as a life coach. Since the barriers to entry are so low, there are plenty of life coaches that aren't good at what they do.

- Pay attention to reviews and Most will offer a session. Choose carefully.

Do you need a life coach? **A life coach won't solve your challenges, but they can help you to help yourself.** If you need a steady hand to guide you and a cheerleader to support you, a life coach can make a big difference. There are good life coaches and bad life coaches. If you're looking for a life coach, ensure that you find a good one.

**Reach out to schedule an introductory session to see if a life coach is what you need. Email: [Nbeginning4me@gmail.com](mailto:Nbeginning4me@gmail.com) or Telephone: 347-674-8248.**