

# lifecoaching

## what it can do for you

by Anita Hollerer-Squire, Life Coach



Life coaching is one of the newest trends to hit New Zealand's shores. It originated in America, with Thomas J Leonard being one of the pioneers behind developing the professional coaching field from the late 70s.

Until a few years ago, most people in New Zealand had never even heard about life coaching. Only in the past six years it emerged in the Land of the Long White Cloud and is now recognised as a highly effective way to bring out the unlimited potential in us all. High-powered business people, entrepreneurs, professionals and people who want more out of their life have Life Coaches. There are lots of different reasons for people to hire a Coach, but they all have one thing in common – they want to improve their life. Some people get a Life Coach to achieve a better work/life balance, to find the right career, to increase their income, to work on relationship issues or to stay sharp, focused and ahead of the game.

More and more people are tired of the fast-paced, frenzied world we live in and are interested in higher-quality lives – lives in which they have more time for themselves and their relationships, and more energy to invest in their emotional and physical wellbeing.

### What is life coaching?

Life coaching is all about you and your life. Simply put, it's a process that gets you from where you are now to where you want to be. It takes into account all aspects of your life – your career, finances, personal development, health, fitness, family, friends, love life and fun. You and your Coach will examine your present situation and set goals for each area you want to improve on and then design an action plan. This process often involves work on yourself, i.e. personal growth. The Coach's role is to provide you with the right tools, support and structure, to hold you accountable to a course of action and to motivate you to be your best.

### What does life coaching do for me?

It gives you focus, clarity on your vision and purpose, more sustainable energy, a better balance, and helps you reach your personal and professional goals.

Another major factor of coaching is personal growth, which starts with knowing what your values are, setting clear boundaries, having high personal standards, getting your needs met, coming from positives and restoring integrity. It also means having no unresolved matters from your past and eliminating tolerations. Just as a house needs a strong foundation to withstand any storms, people also need a strong personal foundation to handle any challenges life throws at them.

### Why do I need a Life Coach?

To answer this question, just ask yourself, "Up to this point in my life, did I get to where I want to be?" The best prediction for your future is to look at your past. If you haven't managed to get to where you want to be until now, all your good intentions alone have obviously not been enough. A Life Coach will hold you accountable for your actions (or lack of actions) and work out a way with you

that will get you the results you want. Working with a Coach will not only motivate and challenge you, it will also bring out the best in you. It's about having someone there who is impartial and only has your best interests at heart – with no alternative motives.

Every professional athlete has a coach whose focus is for the athlete to win. People who want to lose weight or get fit use a personal trainer to help them achieve their goals. Somebody who starts playing tennis hires a tennis coach, and people who want to have more fulfilling lives can now hire a Life Coach.

### How does coaching work?

Coaching works by asking powerful questions and letting the client come up with his/her own answers. A masterful Coach knows how to listen to what the client says and what he or she doesn't say. Uncovering the source of the issue, and fully handling it, is an important part of coaching. Your coach will strategise with you, look at different options with you and use other techniques like Neuro-Linguistic Programming (NLP) to assist you to reach your goals. Coaching can be done in person or on the phone. Depending on what your goals and issues are, a coaching relationship can last anywhere from a couple of months to a year or more.

### What do I need to start coaching?

You will need to have the desire to improve your life and be willing to experiment with fresh approaches and be open to redesign parts of your life. Ultimately, you are the one who will decide what is best for you, however, the more willing you are to grow as a person, the greater the benefits will be.

### How should I select a Coach?

At this stage, anyone can call himself a Coach. There are no regulations in New Zealand as yet, and simply being a member of the International Coach Federation (ICF) doesn't guarantee a certain standard.

I suggest you look for someone who has substantial training with an accredited coaching organisation like Coach U. Also consider the life experience a Coach has and whether you like to work with this person. You are going to spend a lot of time with your Coach, so make sure that you are comfortable with him or her. Choose someone who is a person you admire or who you would like to be like.

[www.healthyoptions.co.nz](http://www.healthyoptions.co.nz)

### Real life stories

Life coaching has made a huge difference to most of the clients who have experienced it. The outcome depends on each person – some people change their whole life, while others learn some new skills and different perspectives. Lynn, for example, was stuck in a dead-end job she hated and in a relationship she had outgrown. After six months of coaching she quit her job, ended her relationship, moved overseas and started a new life working for a company she wanted to work for. Since then, she has met another man and recently got engaged to him. She has completely turned her life around – from thinking she can't, to making it happen. Sue suffered from very low self-esteem and nothing in her life seemed to go well. She was in a relationship that didn't go anywhere and in a job that she was quite good at, but didn't really enjoy. Most of her relationships with family members and friends were strained and she felt she had nothing to look forward to. Over an eight-month period of coaching, she learned to stand up for herself, set boundaries, mend broken relationships and put herself first. Her self-esteem has improved immensely and so has her relationship with her partner because of it. She figured out what she really wanted to do for a living and is currently training in that field.

### Life make-over

If you want to experience life coaching, come to the intensive two-day Life Makeover, which is scheduled in Auckland on 8-9 October this year. Extensive life coaching sessions focus on strengthening and re-evaluating yourself, and on creating the life that you want based on your values. This is an excellent opportunity to get your life on track in a supportive environment. ☺

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Anita Hollerer-Squire is a professional Life Coach. She trained with Coach University for three years and is a member of the International Coach Federation. Born and educated in Austria, she spent the past 15 years travelling the world – living in Germany, Australia, Thailand, Malaysia and for the past six years in New Zealand. She has successfully coached numerous clients in a variety of business sectors and regularly facilitates tailored workshops and seminars for individuals and corporate clients alike.

