

Fowler International Academy of Professional Coaching's

50 Niches in Professional Coaching



Dear Reader,

Thank you for requesting our eBook. We hope you find it interesting and helpful as you read about the many outstanding opportunities available to Certified Professional Coaches.

If you are thinking about becoming a coach, or are already coaching and interested in expanding your professional practice, we believe you will find valuable insight in the over fifty different coaching specialties represented here.

Prospective and new coaches often ask us, "What is the best coaching niche for me?" The best answer we have is to follow your passion. Do not select a specialty simply because you think it has the biggest market potential. Instead, pick one you are genuinely interested in pursuing. Believe us – all coaching specialties have enormous potential. So, follow your heart and choose the niche or niches you will most enjoy. That's right; it is common for our graduates to coach in multiple specialties.

Being a coach is the best profession there is – where else can you make a great living doing something you are passionate about while helping others change their lives for the better?

FIA's Certified Professional Coach Training certification courses teach a system you can use in any niche of your choice. To learn more about FIA's courses, you may want to take advantage of our Free **"Discover Your Coaching Future"** session. It's an opportunity to schedule a one-to-one phone call with me or one of my experienced Master Coaches. We'll show you how easy it is to become a Certified Professional Coach; answer all your questions and even strategize about a coaching niche you are considering. Of course, there is no pressure or obligation for you to sign up. We simply offer this so you can make an informed decision about selecting the coach training organization best suited to fit your needs. You can schedule your free sessions by visiting our website at www.fiacoaching.com or call us at 888-314-0114.

Wishing you great success,
Berry Fowler
Founder and Chairman
Fowler International Academy of Professional Coaching

Fowler International Academy of Professional Coaching (FIA) is a world leader in providing coach training and certification. With over 7,000 graduates coaching on six continents, FIA coaches enjoy a stellar reputation for being able to provide their clients with the finest coaching experience available.

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Academic Coaching: Helping One Achieve Academic Excellence

An academic life coach focuses on the challenges of learning in an academic setting. This type of coaching does not help someone understand specific topics, but rather helps a person set up strategies and tools for improved learning. They will help a person identify problematic studying skills, improve self-confidence, and design a measurable, goal-oriented plan.

Life coaching helps clients by guiding them in clear, action-planned, steps. A life coach will ask questions to understand a client's strengths and struggles. Working as a partner with the client, the coach will suggest positive steps, strategies, and tools to help them overcome any obstacles. With regular meetings, the client will gain self-confidence and feedback on their progress.

Academic coaches can help a person deal with several issues of academic life, such as identifying problematic study habits, understanding a person's inherent strengths and talents, suggesting tools to maximize their study habits, choosing action steps to increase organization, and encouraging the client's progress with positive rewards and feedback.

Clients need academic coaches to address the following areas:

- Gain better study habits.
- Use effective tools for goal clarity and understanding.
- Change study environment for increased learning.
- Improve communication skills.
- Increase academic achievement.
- Enjoy their educational experience.
- Increase self-confidence.
- Improve time management.
- Gain better organizational skills.
- Develop steps for accountability and responsibility.

Life coaches are trained to help people overcome a current problem. They do not address how a person came into this situation or to deal with the underlying emotions of the problem. They are trained to understand a person's talents and strengths and then to design an approach with clear steps to overcome any obstacles. Coaches form a partnership with clients and give regular feedback and suggestions.

Clients with academic problems face a variety of problems including low self-esteem, poor grades, and frustration. By working with a trained life coach, a person will be able to understand what isn't working in their academic life and adopt an action plan for change. A client will meet regularly with his life coach to voice any obstacles and share progress. His self-confidence will increase as the prior, academic frustrations fade away.

Life coaching is a positive and rewarding profession. You will offer your expertise and knowledge to help others overcome daily challenges and reach success. With certified coach training, you will be instrumental in helping others make positive changes and lead a successful life.

ADD/ADHD Coaching: To Understand the Most Common Learning Disorder - Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder

An ADD/ADHD life coach focuses on the challenges of people living with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder. A coach helps a person with ADD/ADHD address the daily issues that disrupt their work or home life. This specialized life coach training will train you to work with people who are disabled and to understand the circumstances they face.

Life coaching is about guiding your clients in a goal-oriented path. You work as a partner with your client in their journey to reach success. By asking questions and delving into a person's strengths and struggles, you help your client find a path that works.

As an ADD/ADHD life coach, you will develop strategies that maximize both a person's strengths and the attributes within ADD/ADHD. With your client, you will decide on tools, structures, and practical approaches that address daily life challenges.

Life coaches can focus on several life areas such as managing time, task, and space, making conscious choices, improving communication with family, friends, and co-workers, resolving daily life issues, and developing strategies to cope with the problems of ADD/ADHD. Regular sessions are necessary to check on a person's progress, make adjustments to their action plan, and encourage and support their positive momentum.

Life coaches are trained to understand clients with ADD/ADHD, which significantly improves the clients' level of success. Coaches can help a client turn abstract thoughts into goal-oriented, measurable steps. A coach will help a person understand his daily problems, develop strategies for change, increase his self-confidence, and maintain motivation for his continued success.

With regular meetings, you will form a close bond and partnership with your clients. You will ask clients about their progress and the steps they've taken to overcome any obstacles. Your role is to ask questions and increase your client's success through clear goal setting and continual, positive rewards.

The training for life coaches and ADD/ADHD life coaches is very similar, though the latter will gain specialized understanding in helping clients coping with ADD/ADHD. You will focus on the clients' current difficulties, including those commonly associated with this condition, and determine an action plan for success.

Your client's level of attention and motivation will significantly increase by following the strategies and tools you suggest. As obstacles fade away, clients will reach their goals.

People facing ADD/ADHD struggle with many life areas. A life coach can help them meet those challenges, overcome daily problems, and lead a happy, balanced, and successful life.

Alternative Lifestyle Coaching: To Get You Motivated, Strengthen Your Commitment and Re-align Your Goals

Alternative lifestyle coaching focuses on the challenges facing our clients. An alternative lifestyle is typically defined as choices outside of society's norms or only found within a minority. Alternative lifestyles can include many life areas, such as food choices, living arrangements, or relationships. Examples can include vegan lifestyle, 'nomadic' travelling, or alternative marriages.

When a person makes a commitment to areas outside 'normal' conventions of society or within minority choices, life includes unique problems. An alternative lifestyle coach can help the person face these obstacles, renew their commitment, and feel more aligned with their life.

Life coaching is about guiding your clients in a goal-oriented path. You work as a partner with your client in their journey to reach success. By asking questions and delving into a person's strengths and struggles, you help your client find a path that works. Your client may have made lifestyle choices, which they now find themselves with obstacles they hadn't prepared for, such as family or friend conflicts or disruption of life areas, like work or play.

As a life coach, you will help a person identify their strengths and make goal-oriented plans for overcoming obstacles. Your role is not to delve into the reasons the client has chosen an alternative lifestyle or deal with underlying psychological issues. You will suggest tools, strategies, and approaches that maximize the person's success.

Life coaching helps people identify current issues, identify positive and effective solutions, and create clear, action-planned steps. With regular sessions, you will form a bond with your client and will give feedback and encouragement. The client will voice any concerns or obstacles and share their progress steps. He will gain self-confidence as the coaching steers them away from conflict and toward their goals.

A life coach will help people understand daily issues in their lifestyle choices and then help them develop strategies to realign their life's goals. With measurable goals, a person will gain greater self-confidence, a recommitment to their choices, and increased motivation for his continued success.

A coach can help a person in several areas, such as:

- Improve communication with family, friends, and co-workers.
- Gain support from new resources.
- Increase self-esteem by recommitment of their lifestyle.
- Eliminate issues that disrupt their personal and professional life.
- Adopt changes that will increase a positive mindset.

With life coach training, you can be instrumental in helping your clients lead balanced, happy lives.

Athlete Coaching: To Help Athletes Live a Balanced Life, Both Personally and Professionally

Athletes learn many very important life lessons from sports. Athletes learn to excel while performing at a high level of pressure through discipline and focus. Athletes learn to set goals and performance targets to reach maximum potential. These types of learning skills and how they help us in and out of the sports arena are very valuable to accomplishing what we want. The elite athlete is the one who can do this better than average. The process that enables an athlete to excel in this way and repeat that performance more often than not is the result of excellent coaching.

Many great teams repeat performance (Three Peats in basketball) can be directly linked to the coaching process that enables them to consistently produce these types of results. It is the ability of the coach to see and assist the athlete to realize his/her potential through a process (coaching) that enables teams as well as individuals to reach their highest levels of accomplishment.

We will explore together the tools that will allow you to play at the top of your game in sports and in life after sports. Whether you are going to the NBA or looking for excellence in personal living, you will find this process rewarding and a path to excellence through the athletic life coaching experience.

Athlete coaching will help you to:

- Set more effective goals that motivate you.
- Develop skills that can be used both within and beyond the athletic arena.
- Develop and maintain an overall commitment to excellence in your life as well as sports.
- Move up to the next level of your professional and personal life.
- Improve your commitment to excellence in academic development, career development, personal/professional development, relationship development and emotional/spiritual development.

Bereavement Coaching: Walking Through Painful Events With a Like Mind

Bereavement coaching focuses on helping a person through stages of grief and healing after a loss. A bereavement coach guides clients through painful events with the proper insight and outlook. Grieving can be a difficult period in someone's life, and it helps to have a life coach who can guide someone through the process.

Loss affects all of us and can include any situation where you lose someone or something you love. Many people associate loss with the death of a loved one, though losses can include seemingly small or large changes in one's life.

Examples of loss include:

- Loss of a job.
- Military deployment.
- Moving (a change in housing).
- Death of a loved one.
- Death of a pet.
- Health changes.

- A relationship breakup.
- Loss of financial security.
- Loss of a lifelong dream.
- Serious illness of a loved one.
- A miscarriage.
- Loss of a friendship.
- Loss of personal possessions.
- Loss of stability after a traumatic event.

Grieving takes many forms, and there are many ways a person can cope with loss. A life coach can help a person understand the periods of grief and learn how to grieve in healthful ways. Emotions can overwhelm a grieving person, and he may not know how to take positive steps toward healing. A bereavement coach suggests strategies, tools, and approaches to help someone go through all the stages of grief.

As with all types of life coaching, a bereavement coach focuses on reasonable goals and an action plan to reach those goals. This type of coach has specialized training to help clients deal with the stages of grief, tools to cope with grief, and action plans to help clients heal beyond the painful loss.

With regular sessions, a life coach works as a partner with their client. A coach will help a person identify difficult life issues and develop a plan that utilizes a person's strengths, talents, and values. Clients will voice any concerns or obstacles, while sharing their progress in reaching their goals. Life coaches give guidance, suggestions, and approaches that are effective. They are able to clarify a person's abstract thoughts and turn those into clear goals. They provide the approach and mindset to help a person maintain their journey through difficult life periods.

Bereavement life coaches will help a person transition through five stages of loss: shock and denial, pain and guilt, anger and bargaining, depression and reflection, acceptance and hope.

Business Coaching: Your Way to Business Success

Business Coaching focuses on improving a person's business. Clients may include new entrepreneurs or large corporations. The business coach does not concentrate on specific fields, but rather he or she will help clients develop a strategy to improve their business. With small business ownership rising monthly, a business coach can help scores of people increase their bottom line.

With regular sessions, a life coach works closely with a client to determine current problems. The coach develops a goal-oriented plan to help a person reach their business goals.

A coach can help a person with many business areas, such as:

- Communication with employees.
- Communication with vendors.
- Time management.
- Organizational skills.
- Measured goals for increased profitability.
- Gaining self-confidence as a successful business owner.

With certified life coach training, you will be able to identify a person's strengths, skills, and talents. You will guide a person in developing action steps that maximize a person's expertise and mindset. You will provide feedback and encouragement to your clients as they progress to their goals.

Successful people understand that success happens by diligently following clear-cut steps, measuring progress, and celebrating the milestones along the way. As a life coach, you will be trained to understand successful business practices, conducive work environments, motivational approaches, and tools to overcome any obstacles.

Business owners must deal with many aspects, such as developing a business plan, designing daily action steps, communication and morale of employees, vendors, and customer;; increasing production, increasing profits, and minimizing expenses. Business coaching deals with action-packed steps to minimize problems and increase productivity.

Many business owners find themselves working long hours every day of the week. When they first decide to run their own business, they may envision four-hour workdays, long vacations with their family, and making lots of money. If they don't have the proper plan, all their dreams fade away. They are left exhausted and frustrated.

With life coach training, you can help someone learn new ways to cope with daily struggles. You will help your clients identify their strengths and encourage their progress to reach their business goals. You will be able to help business owners understand a daily action plan that will maximize their efforts. Clients will be able to increase their business success with less work. Finally, they will enjoy their decision to run their business. Daily struggles fade as they progress through the steps of action you've suggested.

Imagine working with business owners to help them identify their issues and increase their business beyond their wildest dreams. As a life coach, you are a pivotal person in helping them reach their goals.

Career Coaching: Your Way to Fulfilling Your Financial Dreams

Career coaching focuses on helping people achieve success in their careers. Clients can include people trying to find a job, move into a higher paying job, or change fields. A career coach works with people in all fields, including arts, business, education, sales, retail, health care, and other industries. With the economy's high unemployment rates, a coach will find many potential clients who want an edge to compete in the job market.

A career coach doesn't focus on the specific tasks of a particular career but instead assists clients in reaching their full potential. This can include helping someone with the job application process and assisting with preparation for an interview. You will help people explore their talents and strengths in relation to career choices.

You can help people of all ages and backgrounds. If you want to coach job-seekers and career-changers, you can find clients in different populations, such as:

- Executives.
- Women (including work at home moms, women returning to the workforce).
- Military.
- Unemployed or Underemployed.
- Mature workers.
- Entrepreneurs.
- Disadvantaged workers.
- Culturally diverse.
- Disabled workers.
- Entry-level workers.

You can decide to work with a specific type of client, such as senior-level executives or unemployed workers. As a career coach, you will bring your excitement and training to help someone find their first job or move into a dream job.

In career coaching, you will:

- Listen to your client to determine their strengths, talents, and goals.
- Ask questions to understand client's needs and desires.
- Perform testing assessments to help them explore career possibilities.
- Assist clients in creating a goal-centered, career action plan.
- Guide them to overcoming workplace obstacles.
- Help them develop an action plan to attain job satisfaction.
- Help clients make career decisions.
- Provide information on unadvertised positions.
- Help them understand how to network for better careers.
- Assist with a targeted job search.
- Prepare clients for a successful interview.
- Help them evaluate a job offer.

Career coaching offers huge rewards for a coach. You will be instrumental in helping someone achieve his or her professional goals. Our society views a person's career as the cornerstone to success in all other areas of their life, such as financial, physical, and mental well-being. When a person discovers their true passion and finds their dream job, his life changes dramatically.

As a career coach, you will be instrumental in helping someone find success. Imagine helping a client struggling to find that first job or wondering how to land the interview. With your trained assistance, your clients will have a competitive edge and reach their career goals.

Christian Life Coaching: Your Way to Personal and Spiritual Success

Life coaching focuses on helping people succeed in all areas of their life. A Christian life coach helps clients achieve a greater understanding and practice within the Christian faith. Your clients may be from all walks of life, but they have one thing in common: they want to live a fuller life, centered around Christian beliefs. Your clients may need help in returning to the faith they've neglected, or they may have a desire to enter the faith for the first time in their lives.

As a Christian life coach, you will use your expertise in life coaching combined with your understanding of Christian ideology. You will guide clients toward a fulfilling life and focus on their God-given purpose.

Clients will need help to:

- Focus on their Christian beliefs.
- Learn more about the Christian faith.
- Explore actions they need to take to lead a purposeful life.
- Create a plan to reach goals centered on the Christian faith.
- Overcome obstacles, such as those found in the workplace or in society.

As a Christian life coach, you will assist your clients in creating Christ-centered goals and guide them to lead their life as a servant of God. Your expertise and training will help a person achieve personal success as they embrace the word of God. You will use techniques of a life coach, such as helping them focus on life areas that need improvement.

With Christian life coaching, you will apply Christian beliefs and ideals to life goals and be instrumental in helping clients lead a successful life and achieve goals within their Christian faith. In secular life coaching, your religious beliefs must not influence your clients or become part of their action plan. That's the opposite from Christian life coaching, where your knowledge of the Bible is a key part of helping others.

Imagine helping Christian followers return to their God-given lives, and helping new Christian clients to reach their goals based on Bible trainings. Your coaching will be enriched with the ideas and beliefs of honesty, forgiveness, love, and charity. Not only will your clients achieve great success, but you will feel great satisfaction in guiding them to a purposeful, Christian-centered life.

What could be better than helping someone reach their goals? As a Christian life coach, you'll be able to help your clients with life coaching techniques and Bible-based learning, so they achieve success within their Christian faith. You won't need to neutralize your Christian ideals in your job, which will also bring you great personal satisfaction in knowing you're helping your clients embrace Jesus as their savior.

College Entrance Coaching: Helping You Attend the School of your Dreams

College Entrance Coaching focuses on helping people achieve entrance into their dream college. Your clients may be from all walks of life, backgrounds, and ages. They will be pursuing different types of colleges and in various fields of study. Your job is not to concentrate on the specific study, but to help your clients gain the skills and knowledge necessary to attend the college of their choice.

As a coach, you will listen to your client and determine his strengths and talents. To help your clients achieve success, you will need to help them overcome obstacles, strengthen current weakness, develop an action plan, increase their strengths, and give positive feedback and praise.

Your clients may need help in the following areas:

- Take aptitude test to understand strengths, talents, and interests.
- Explore academic options and available colleges.
- Understand application paperwork and process.
- Use effective tools for goal clarity and understanding.
- Change study environment for increased learning
- Improve communication skills.
- Learn to relax and reduce stress, which can interfere with their goals.
- Increase self-confidence.
- Improve time management skills.
- Gain better organizational skills.
- Develop steps for accountability and responsibility.
- Create an action plan.
- Overcome obstacles in college application process.

Many of your clients will be young adults who are entering college after high school graduation. They are determined to attend a good college, but they need some help with the application process. As a college entrance coach, you will help your clients become more focused, relaxed, and confident. You will help them with every step of the application process, from the initial search for colleges, submitting final applications, and accepting one college invitation.

You will help your client distinguish himself from other applicants to give him the competitive edge. You will assist your client in dealing with family issues, so the client has the best support system. As they search for colleges and submit their applications, they will need your guidance on improving their verbal and written communication. If they narrow their college choices to a few, then they will also need assistance in deciding on which invitation to accept.

As a college entrance coach, you will be in the unique role of helping people achieve their dreams of attending the college of their choice. Your training will help you motivate them to follow their action plan, but you will also help them gain important skills that they will carry throughout their lives. They will learn to overcome obstacles, create an action plan, manage their time and tasks effectively, improve written and verbal communication, increase self-confidence, and reach their goals successfully. College entrance coaching helps people achieve the first step in a rewarding, happy and successful life.

Communication Coaching: Opening Up the Link Between People

Communication coaching is helping people learn to improve their written and verbal communication with others. Every part of our lives involves communication of some type. Our careers involve good rapport with coworkers and bosses. In our personal lives, we need to share our needs with other family members, friends, neighbors, and acquaintances. To understand one another, we need to learn how to listen, refrain from judging others, and lending positive support.

Your clients can have any background, education, or culture. Their common needs will be to improve their communication techniques. This is a valuable skill necessary for success in all areas of life.

As a communication coach, you may help clients to:

- Strengthen their relationship communication to enhance their personal life.
- Improve their personal or professional image.
- Increase their self-confidence.
- Prepare them for successful public speaking.
- Learn assertiveness training.
- Focus on their needs and the best ways to share those with others.
- Understand the importance of body language, facial expressions, and word choices for positive, social interaction.
- Overcome obstacles, such as shyness, poor self-esteem, or poor social skills.
- Realize the keys to good communication in any venue.
- Create a goal-oriented, action plan for stronger communication.

Today's society is very competitive, especially in business and career fields. In order to be successful, people need to learn and adopt communication skills that will help them socialize and work with others. As a communication coach, you will use your training to guide clients to higher awareness of others and their environment. You will help them develop an action plan of small steps that will lead to success.

Communication is necessary in your personal and professional life. Understanding how to communicate well is a skill that can help you reach success no matter your goals. Coaching people to life success will give you tremendous satisfaction. As you listen to your clients, you'll understand their strengths and interests. Your training will offer a way to understand your clients' obstacles and goals and help you share specific techniques with them.

You will model good communication skills in addition to giving clients a better understanding of all the elements of social interaction. When your client learns these skills, he can apply them in any situation, whether personal or professional. Of course, they may need specific guidance in overcoming a current issue, but the long-term plan will be to help them learn how to be better communicators in every circumstance.

As a communication coach, you will help your clients succeed in one of the basic but most important skills: good communication. It's a valuable service, and one that your clients will repeatedly use the rest of their lives.

Conflict Coaching: Working One on One to Achieve Balance

Conflict coaching helps people achieve their goals during a conflict of any kind. It's a type of life and communication coaching that focuses on a client's current problem and the ways to overcome issues. Many people do not know what to do in a conflict situation. Should they back away and give up their objective? Should they aggressively take charge of the situation and demand their way?

Life coaches help clients understand a current problem and develop a plan of action. A coach listens to his client's difficulty and helps them achieve success by sharing effective techniques. Conflict coaching can focus on conflict resolution within the workplace or home. It involves building on a client's strengths and abilities and guiding them through the steps to success.

As a conflict coach, you will ask a series of questions to help your client understand the current problem. You may ask questions like:

- What is most important to you about this conflict?
- What part of the conflict are you willing to let go of?
- What would you to have happen in order to let go of your part of the conflict?
- How would you like to feel or think about yourself?
- How do you feel about the other person involved?
- What is missing that could help you bridge the understanding between you and the other person?
- What do you want the other person to understand about you?
- What things could you say to the other person that would help put this conflict behind you?
- Are you willing to take the steps necessary to move beyond the conflict?

You will need to help your client understand the responsibility of all parties involved. You will help your client recognize the issues at hand, while making him take responsibility and accountability for his part of the conflict. You will use your training and expertise to guide your client in developing a plan of action to overcome the current problem and reach his goal.

You will need to be attentive to your clients' needs, thoughts, words, and actions. You will help them decide on the best ways to solve the problem. With regular sessions, you will listen to your clients' action steps, help them understand new issues that may crop up, and praise their positive direction.

Problems and misunderstandings occur throughout our lives. In order to move beyond the issues, people need to understand the circumstances, their contribution to the conflict, and effective way to reach their objectives. As a conflict coach, you will provide your clients with invaluable skills that will help them communicate effectively and achieve success.

Co-Parenting Coaching: Helping Divorced Parents Create a Positive, Workable Parenting Relationship

Co-Parenting coaching focuses on creating a positive atmosphere for healthy parenting. Clients can include people recently divorced, single, or any relationship, where they share custody and responsibility for their children. For decades, many children of divorced or separated parents didn't have much of a chance to experience peaceful and cordial co-parenting.

Most children are caught in the middle of the verbal war between the two people they love. Though the adults' intimate relationship is at an end, their shared partnership of raising their children does not end. A growing number of parents are turning to a win-win relationship through a new breed of professionals, co-parenting coaches. A coach helps support people who are committed to providing a loving, caring, responsible relationship for the well-being of their children.

Your clients will need support in positively living by the specific rules of their separation or divorce. This guidance can be in addition to outside support they receive through family counseling or divorce mediation. Coaching focuses on the current problems and provides guidance for child custody, divorce, single parenting, court modifications, and more.

Your role as a co-parenting coach is to help target solutions to issues such as: visitation schedules, arranging for shared holidays, birthdays and vacations. You will help clients develop plans concerning both short and long term goals for the children, which will support your client's success to co-parent cooperatively. The primary focus is on the children and developing a happy, healthy environment for them to prosper and grow.

When new issues arise, such as stemming from court modifications, clients will need support in adjusting to their co-parenting agreements. They will need help to identify current obstacles, how to deal with their emotions effectively, and ways to deal with conflict.

You will help you clients improve their interaction with one another and develop a goal-oriented plan for continual, positive communication with one another. You will listen and ask questions, like:

- What is involved in their child custody agreement?
- What part of that is most important to them?
- What part is the most problematic for them?
- Where does conflict arise in their co-parenting?
- What is their responsibility in creating the conflict?
- What can they do to minimize conflict and improve interaction with the co-parent?
- What are their goals for the children's upbringing?
- Are they working on activities that will provide a loving, healthy environment?
- What can they do for the co-parent that will benefit their child?
- How can they keep personal issues between the adults so they don't negatively affect children's opinions of the other parent?

These questions will lead a client to creating a positive action plan with their children's best interests at heart.

As a co-parenting coach, you're in a unique position to help people meet their children's needs. No matter what past events brought a person to separate from the other parent, the primary focus is the children's needs. You will bring harmony and joy to the co-parents and ultimately positively affect a child's life success.

Couples Coaching: Improving Communication Between Partners

Couples coaching focuses on helping romantic partners improve communication and enhance their intimate relationship. It is one of the newest advances in partnership development. Clients include people who are newly divorced and those who want to venture into online dating. With your professional guidance and specialized treatment plans, clients will be able to handle current issues, improve communication skills, and find greater romantic satisfaction.

A life coach helps people with their current life and future goals. As a couples coach, you won't address the past problems, which are issues best tackled in couples counseling. You will help your clients identify current problems and needs, while guiding them to develop goals to strengthen their relationship.

A couples coach can help people who plan to marry and want a better understanding of communication techniques. You can help them discover each other's needs, how to effectively share those needs with one another, and how to create mutual goals. They will learn how to stay connected, enhance their relationship, and grow together in a loving, satisfying marriage.

You can help married couples rediscover the romance and strengthen their relationship. You will teach techniques on how to communicate, how to resolve conflicts, how to listen to the other's needs, and how to increase their intimate bond. Imagine helping a long-married couple who wants to re-ignite the passion in their lives instead of feeling like they are roommates. Guide them on how to rediscover the uniqueness in their partner, and the reasons they first fell in love. Help them understand how to reconnect and find an even stronger marriage, full of respect, love, and passion.

As a coach, you will need to listen and ask questions to help clients decide on the best path for their relationship.

- What are the current problems?
- What would they say is their partner's best quality?
- What is their partner's worst quality?
- How do they communicate with each other?
- Are their styles compatible? Do they understand and respect one another?
- How can they improve their communication skills?
- What things can they do to show caring, respect and love to their partner?
- What is their ultimate goal in couples counseling?

Men and women approach relationships with different mindsets. Of course, coaching deals with more than the differences between men and women. Couples need to appreciate their individualism while nurturing a genuine and loving relationship. Intimacy with a spouse or partner can get muddled under the tasks of daily life, like work, kids, housework and other responsibilities.

As a couples coach, you will help your clients create the happy, satisfying relationship that they've dreamt of.

Creativity Coaching: Creative Struggle is Integral to the Life of the Artist

Learning how to manage feelings of vulnerability and self-doubt will enhance inner clarity and energize the creative process. Put simply, being a creativity coach, you are a life coach to creative people. As much as creativity coaching is like life coaching, it is also unlike any other kind of coaching or advising because of what it encompasses.

With your knowledge of human nature and effective coaching techniques, you will fulfill a vital role in your client's life. Clients will understand their true nature, boost their creativity, and reach their artistic goals. As a creativity coach, you are working on much deeper level with your client's life than in any type of coaching and even on a deeper level than psychotherapy or even pastoral counseling. A creativity coach invites their clients to feel deeply, to dream, and to find that elusive muse inside them that calls to their greatness.

The client may have doubts that they have any talent at all. The client may have career concerns or confusion about the types of projects they should attempt. They may be facing creative blocks from psychological issues and challenges. Blocked creativity can result from issues of wanting and having to create, relationship issues, or spiritual crises. A creativity coach expects all of this and is ready to help their clients move beyond these obstacles.

A creativity coach is trained to be aware of the bigger picture of human behavior: what makes up human nature, the psychological traits of creative people, different personality types and inherent strengths and weaknesses. You will also know the business side of creativity; that is the marketing and financial viability of artists. Being attuned to the particular problems common to creative persons, you will be able to guide them to goals that help satisfy their artistic nature and the financial practices of all businesses. Your clients will relate to you as a person of guidance and as one creative person to another. Creative people face unique challenges, and you will be able to help them overcome those obstacles.

As a creativity coach, you will listen to all the client is saying before making observations and suggestions. This is a unique role, as your understanding of the creative and psychological is required to help your clients. In addition to the practical training of life coaching, a creativity coach has thorough coach training and knowledge of the creative process. This special type of coach will understand and help a client through the creative process. Clients will gain clarity of their creative personality, existential reality, and practical reality.

The prevailing question for every artist is... what can I do when my creativity is blocked? An effective coach is aware of a client's larger life and, as one imaginative person to another, actively listens to what the artist has to say. This insightful process of questioning and listening gives the coach meaningful information to determine what the issues may be. There may be creative concerns, but there may also be personal, health or relationship issues. It is essential to know the whole person in order to make informed observations and suggestions. This will allow for achievable goal setting and the development of unblocking exercises and techniques to open creative pathways. Creative coaching is one person helping another to explore all facets of the creative life.

Divine Purpose Coaching: To Re-Identify and Connect with One's Center

Divine purpose coaching is a unique coaching program that helps a person re-identify and connect with one's center. The 'center' is defined as the place where all thoughts and dreams are both created and realized. Clients include people who can experience a higher self-awareness and want to move into a life of congruency.

As a divine purpose coach, you will help clients understand their knowledge of self. They will focus on the space within one's self where there is no void. You will help them identify current issues that prevent them from realizing their higher power. You will teach techniques on how to move past fears and limits of their mind. One of the basic requirements of this type of coach is to understand how to identify and remove the obstacles, fears, and negativity from the self, as well as identifying the potential toxicity from others.

A person's divine purpose affects literally everything in their lives. It is their reason for living freely within their personal and professional goals. It is a unique concept, but one that is vital to a person feeling connected to their higher power and the sense of a purposeful life.

As a divine purpose coach, you will listen to your client and ask questions about his understanding of "true self" and where he may be experiencing obstacles in creating a limitless life. You will help them self-actualize all that is true and natural for them, as their push into a new life.

Clients may need help understanding how to pinpoint their purpose in life. They may need specific guidance on meditation, goal-setting, connecting to their core, and exploring beyond pre-conceived obstacles. You can help them learn to:

- Re-identify their center.
- Find ways to connect with their center.
- Discover their divine purpose.
- Create an action plan to reach a life of unlimited exploration and grounding.
- Understand the messages sent from their body and mind.
- Live independently of others' negative mindset.
- Reach their inner desires and bring those to light.

Divine purpose coaching helps one discover their own inherent sacred space and own unique qualities, creating a safe place to explore. You will help someone move into a place of no boundaries or fear. Clients will be able to live a purposeful life, connecting with the essence of their true nature and bringing that into fruition.

Divorce Coaching: Helping People Transition to a New Life

Divorce coaching is focused on helping people transition through the pain of divorce to live a full, happy life. Nearly half of all marriages end in divorce, and most of those involve children. As a fairly new field, divorce coaching guides a person through the painful emotions to a goal-centered action plan for living successfully after the divorce.

A life coach targets the current problems of a person's life and assists them to move past obstacles to a fulfilling, happy life. In divorce coaching, you will help clients within the particular pain and issues that can arise in divorce. It's an emotional time, and clients need help in understanding their emotions, overcoming obstacles in their way, take responsibility for their actions, and create an action plan for their future. Clients may need assistance in communicating effectively with their ex, arranging a successful co-parenting plan, and learning new skills that will boost their independence and happiness.

Divorce and separation can be one of the most difficult times of life, especially when there are children involved. A divorce coach does not deal with the problems of the past or the adults' relationship issues. It does not involve counseling or court mediation, though it can help clients work through conflicts related to these. As a divorce coach, you will discover how to help your clients to:

- Learn to increase their self-confidence.
- Move past the pain of divorce.
- View themselves as whole and complete.
- Transition to the changes in their lives.
- Communicate more effectively with their ex-spouse.
- Address the barriers that keep them from moving forward.
- Set clear co-parenting goals.
- Separate the emotions from the legal issues.
- Help clients transition from married life to being single again.
- Set new goals for financial security and stability.

Divorce can affect a person's financial stability, as well as their mental, spiritual, and physical well-being. As a divorce coach, you are not helping people regain their past intimate relationship, but helping clients look to the future for the best ways to live a full life as a single adult. You will teach them techniques to deal with current obstacles and help them design a new life, based on their new hopes, desires, and goals.

While divorce requires adjustments for everyone involved, your clients will be able to redesign their life and live successfully, happy, and whole.

End of Life Coaching: Helping Those Left Behind

End of life coaching focuses on helping a person and loved ones deal with the end of life process. Dying is a subject that still seems taboo to many people, but it's one that everyone will experience. When a person is diagnosed with a terminal illness, he is faced with more than the thought of his life ending. It is a time of grief, but it's also a time to create or share important documents or other instructions with his next of kin. More than half of all people do not have a will, which means the family is left trying to figure out what their loved one would have wished for. An end of life coach provides support and tools to help clients cope with the end of life process.

As an end of life coach, you will help your clients with care options. You'll also assist them in coping with their feelings about dying: their expectations, emotions and priorities. It's a difficult time for both the client and their families, and you'll help both in communicating and grieving. You'll help them understand how to better communicate with their loved one so they can provide comfort, compassion and closure. During the various stages, families will need support and guidance. For example, some families may miss the opportunity to provide comfort because they mistakenly think the person cannot hear their words.

Families need help in maintaining their close bond or trying to regain a relationship. In addition to providing ideas for better communication, you may guide a client, who wants to share special memorabilia with his family. Conversely, his family may want ideas on how to commemorate a person's life with a memory box or memorial of some kind.

A coach also helps the client and family sort out the most important issues. In a highly emotional time, clients and families may focus on one particular issue. In their myopic journey, they may not realize that a particular issue could be left unaddressed or that another issue is truly more important. Your job is vital for guiding clients and their families through one of the hardest times in a person's life. Your support may include helping a client make a will, plan for a power of attorney, and decide on a care plan. Your end of life coaching focuses on both your client and their families as they go through the end of life process.

Entrepreneur Coaching: For More Than Starting up a New Business

Entrepreneur coaching focuses on business and entrepreneurship. Your clients may include those starting a new business and needing guidance on the best ways to begin, grow and improve their business. Clients can also include established entrepreneurs, owners of small businesses, people working at home, private practice professionals, and executives launching a new enterprise.

Financial well-being is important for every person, whether they are working as an employee in an entry level job or as a leader in their field. A person's livelihood provides financial support, but it is also attached to their self-esteem and their life's vision. Your role is to provide guidance in their business goals. You'll connect with your clients and find out their dreams and goals through assessments and sessions. What are their skills? What are their strengths and weaknesses? You won't be guiding them through a specific field, but rather you'll help them understand the foundation of building and improving any type of business.

As an entrepreneur coach, you're trained to understand the practical matters of entrepreneurship, as well as the emotions and passions wrapped in taking charge of your financial destiny. You'll help your clients through the various stages of business, such as:

- Working through the idea stage.
- Creating a solid business plan that speaks to a person's passion and vision.
- Understanding time management and business techniques to help them stay on task.
- Examining their leadership style to help them improve their success.
- Identifying supports through family, friends, contacts, and investors.
- Launching a small business without a lot of capital.
- Strategizing the best plan of action in alignment to a person's vision, resources, support system, time and capital.
- Understand marketing techniques and personal branding.
- Expanding business contacts for greater success.
- Developing methods for leveraging time and income.
- Utilizing technology to increase performance and growth.
- Adopting techniques to decrease any anxiety or overwhelming feelings and increase confidence and self esteem.
- Creating smaller goals and benchmarks.

As you continue working with your client, you'll be able to help them stay focused on their goal and reduce or eliminate obstacles along the way. Starting or growing a business is hard work, and many leaders credit a coach as an instrumental part of their success. As an entrepreneur coach, you'll be that vital piece and help your clients realize their life's dream.

Ethics Coaching: Living with Authenticity

Ethics coaching focuses on helping people live in harmony with their inner truth. The driving force is that everyone deserves to live authentically and in alignment with their vision and passions. Your clients can include athletes, executives, managers, business owners and writers to name a few. This type of coaching helps people who want to be more successful in their chosen field and to reach their goals according to their beliefs and values.

To experience success, a person needs to accept their truths, realize their strengths and create a plan in alignment to their vision. Life coaching doesn't intend to 'fix' a person, but rather its intention is to help a person recognize that their values are important and should be the benchmark of their actions. As an ethics coach, you'll partner with your client in helping them achieve their goals.

Our history is rich with philosophers and leaders who tackled the big questions in life and helped guide us toward living a life of meaning and value. This type of coaching is similar, as you'll help clients discover their inner truths and follow a plan to reach a life of harmony, happiness and success.

Clients may come to you feeling confused, tentative, curious, or restless. They may be questioning their life's path and need guidance to make positive, life changes. When a person feels unsettled, searching for something unknown, he may realize that his life is out of alignment but not know how to get it back on track. They may feel their vision is beyond their abilities. Your role will be to help them recognize their core values, the thoughts and beliefs we apply to all facets of our lives. You'll help them unlock limiting beliefs and erroneous thinking so they can experience life's richness and rewards.

Your clients need your trained expertise in achieving their goals, but they are not in need of therapy or self-help methods. This type of coaching works for people who are healthy and enlightened – they are seeking to further improve their wellbeing and success.

As an ethics coach, you will guide your clients to achieve their personal goals. You will help them create a plan of action and provide support as they progress toward their goals. Since a client's inner wisdom and vision drives the action steps, you will create personalized plans for each of your clients. It's not a cookie-cutter approach, but one of individualized understanding of their vision and goals.

Executive Coaching: Taking Your Team to the Next Level

Executive coaching focuses on helping corporate managers, leaders, and owners achieve their business goals. It's a motivational role where you help people reach their goals faster than they would on their own. Your clients will include executives and manager, who want additional insight on overcoming obstacles and realizing greater career satisfaction.

As an executive coach, you will help your clients with goal setting, team building, workplace obstacles, employee morale and productivity, decision-making, organizational issues, time management, motivation, and leadership skills. You will help your clients understand the underlying problems at the workplace and create an action plan to create solidarity and satisfaction.

Top level managers have a huge workload and must be skilled in connecting with others, from their employees and vendors to their bosses. It can also be a stressful position, as responsibilities are vast. They may want to find solutions to a long-term issue, or they may need help with a transitional period or new challenge.

As a coach, you'll help them learn techniques to do their job more efficiently and with better results. You'll provide valuable feedback, which is often lacking in their position. Your role isn't to coddle them, but to provide the sounding board and insight they're missing at the workplace.

Building on previous, career success, your client will need to overcome current problems to achieve their new goals. You will facilitate the process by asking questions. You are trained to listen, guide and motivate your clients. To start, you will need to understand the client's workplace issues. You will ask a variety of questions, so the two of you can focus on the best plan of action.

An executive coach will help their clients decide how to improve their organization, increase productivity and positive mindset, and create a solid plan to reach their goals. You will help CEOs and mid-level managers learn how to create and maintain a productive workplace with highly satisfied workers. You may address the following types of situations.

- Help teams learn to compromise and agree on the right course of action.
- Motivate employees to adopt an owner mindset and go beyond their job description.
- Create ways to increase workers' sense of accountability.
- Decide the best ways to recruit and retain top leaders.
- Form a marketing or business plan to improve the company's standing and beat its competitors.
- Create more autonomy in workers.
- Reduce a high turnover rate.
- Transition successfully and quickly into a new leadership role.
- Decide on the organization's priorities and how to delegate appropriately.
- Attract the boss's attention and receive recognition for achievements and value to the company.
- Improve interpersonal communication, time management and other important skills.

You will be working with people who understand the importance of coaching. You'll motivate successful leaders and help them streamline their business methods to reach greater success. Executive coaching offers tangible guidance to helping leaders and managers achieve their business goals.

Family Coaching: Helping Families Work Through Difficult Issues

Family coaching focuses on helping families overcome a crisis, cope with a transition and learn to live in harmony. Family dynamics change depending on parenting struggles, children's development stages, outside influences, and ongoing dedication to promote communication. Your clients can include new parents, adoptive parents, blended families, and others undergoing conflict. As families transition in different parenting stages, they may find obstacles that interfere with their communication, bonding, support and love of one another.

Parenting isn't easy. Though self-help books are the closest thing to a manual, parents often need additional and specific guidance through the rough patches. They know they're having problems but aren't sure how to stop bad habits or overcome a particular struggle. They may have reached out to family and friends, whose guidance can be judgmental or unhelpful. They need someone, whose advice is in alignment with the family's dynamics.

A supportive family environment is important. A stable and supportive family will be able to effectively cope with daily struggles and life crises, so that each member feels loved, connected and happy. Where do parents turn when their two year old bites his preschool friends, or when their teen seems suicidal?

A family coach is a vital part in helping families connect to one another and solve problems. You'll be trained on communication techniques, family issues, social problems, parenting conflicts, and children's development. Your role is to help families learn to cope with problems and find solutions specific to their family's values and beliefs.

Your role isn't to counsel but rather to give clients techniques and guidance. You will ask questions to find out the current issues, determine the strengths and weaknesses within the family dynamics, present techniques for resolutions, and offer feedback on their progress.

Your clients may have the following issues:

- New parent issues.
- Parenting issues for different stages, such as toilet training, separation anxiety, depression or discipline.
- Teen pregnancy.
- Addiction and abuse.
- Violence.
- School drop-out prevention.
- Anger or stress management.
- Poor communication.
- Blended family issues.
- Marriage problems.

Parenting conflicts can include these and many more. Without professional help, families find that temporary conflicts turn into ongoing problems that threaten the family's happiness and success.

As a family coach, you will be working with a group of individuals. You will be trained to understand different communication styles, so you can connect with each member. Family coaching is the key to helping families mend and develop an even stronger bond than they thought possible.

Health and Wellness: Focusing On the Whole Being

Health and wellness coaching focuses on both the body and mind. Your clients will be people with physical and mental struggles in losing weight, increasing exercise, eating healthful meals or improving their mindset. Your role is help clients overcome physical and mental issues that block their well-being.

Your clients are aware of the importance of health and wellness. A healthy body is the foundation for all aspects in a person's life. A healthy physical state increases energy, stamina and self-esteem. All are necessary to reach goals and achieve success. A person needs to have the determination and confidence to believe they can reach their dreams, deal with bumps along the way, and stay committed to their path.

Studies show that the mind-body connection is very strong. Good mental health enhances the way we feel, think and process information. As a person progresses toward their goals, their attitude and outlook becomes more positive. They take more pride in all they do and recognize more opportunities to continue their success. They feel better about themselves and celebrate their accomplishments. With a positive mindset and ongoing achievements, a person will continue going forward and reaching their goals. This path leads to a happier and healthier life.

A life coach guides a person to better health and wellbeing. You know the foundation of good health, and you will help a person utilize their strengths and minimize their weaknesses. Through personal coaching sessions, you will understand their communication style, issues, dreams and goals.

You will partner with your clients to deal with a variety of issues, including:

- Healthful eating.
- Time management.
- Positive thinking.
- Goal setting.
- Potential obstacles.
- Exercise.
- Self-confidence.
- Stress relief.
- Meditation.
- Self-esteem issues.
- Increasing awareness and mindfulness.
- Accepting responsibility and accountability.
- Changing mental outlook.

Regular sessions will give you the opportunity to know your client and to design a successful plan. You will help clients define their goals. As they progress, you'll inspire and motivate them to stay on task. As necessary, you will help him adjust the action plan to push through temporary roadblocks.

Your client could be an experienced person who wants to toss old habits, or a young person who is seeking a healthy, successful lifestyle. You will help them learn or re-learn the steps necessary to increase their wellbeing. As a certified health and wellness coach, you can guide your clients to achieve their objectives and change their lives for the better.

Holistic Health Coaching: Finding the Light at the End of the Tunnel

Holistic health coaching focuses on the mind, body and spirit. The underlying belief is that people can help and heal themselves when their entire selves are healthy. This type of life coach is in growing demand as people search for more effective solutions in their life. Your clients will be people who understand the complexity and connection of the mind-body-spirit. They want to increase their physical and mental well-being.

A holistic health coach is trained to guide a person's alternative health journey. You will address common problems, like losing weight or increasing energy, with holistic approaches. Clients may need help with addictions, poor stamina, physical pain, or diseases like cancer. Often, clients have become frustrated with traditional methods. They may have tried support groups, traditional medicine, or mainstream programs. They feel that something is missing; they didn't receive a complete solution. That's the main problem with traditional methods. They don't take a person's entire being into account.

Mainstream offers only partial answers. With a holistic approach, a person looks inward. He or she will strengthen their inner wisdom and learn to listen to the body. They can trust that their body and mind offers proper solutions. A person with a positive mind-body-spirit will discover the keys to live a happier, healthier life.

The first step is to help your client identify their goals. What are their current issues? What has worked for them in the past? What is their temperament and lifestyle? Partnering with your client, you'll create a plan of action with steps to restore balance. As the person progresses, he or she may find temporary roadblocks. Your role is to adjust the action plan if necessary, and motivate them to keep going forward.

Illnesses are caused from the body's unbalance. Rather than addressing symptoms, holistic health targets the root of the problem to improve balance. Techniques focus on increasing the effectiveness of the body's processes. After experiencing a restoration of balance, your client will need to take steps to maintain their health and then to increase their well-being. An ideal state is one in balance, where potential illnesses never form. You will be trained on the best ways to improve health and prevent illness.

As a holistic health coach, you are a vital part of a person's journey to overcome physical and mental issues. You will help clients restore their mind-body-spirit connection, so they can achieve true life balance, success and happiness.

Holistic Health Coaching: Balancing the Mind, Body and Spirit

Holistic health coaching helps people improve their mind, body and spirit balance. The underlying premise is that people can heal themselves when their lives are in complete balance. The demand for this type of coaching is growing rapidly, as people search for alternative health solutions.

A holistic health coach is trained to help common problems, like losing weight or increasing energy, with holistic approaches. You will help people, who already understand the connection of the mind-body-spirit and want to increase their well-being. Clients can include people who are suffering from a sickness, or people who want to prevent future problems. Your clients can also include individuals, who are new to holistic health approaches but willing to utilize them.

Clients may need help with addictions, poor stamina, physical pain or major diseases. They may have searched for answers within traditional methods, like medication, programs or other similar supports. They became frustrated at these methods' ineffectiveness. They want more thorough solutions.

Mainstream methods don't focus on the whole person, which means it can only offer partial answers. With a holistic approach, a person strengthens his inner wisdom and increases their ability to cure themselves. It utilizes a variety of alternative health methods to cleanse the body, which rids the body of toxins. A person is able to trust their body to heal itself. The body will give signals on areas to address and will work more effectively, as the person progresses through steps to purify the body.

Illnesses are caused from the body's unbalance. Rather than addressing symptoms, holistic health targets the root of the problem to improve balance. Techniques focus on increasing the effectiveness of the body's processes. After restoring the body's balance, it's important to focus on maintaining their renewed health. As the person experiences total balance, they can refine their choices for even greater well-being.

As a life coach, you will determine your clients' strengths and identify their current issues. You will help them create an action plan, which will address potential obstacles. If necessary, you will help your client adjust the action plan when they run into roadblocks. During sessions, you will also give them feedback on their progress and encourage their commitment to achieving their goals.

You are a vital part of a person's journey to overcome physical and mental issues. You will help your clients strengthen and increase their well-being. As a holistic health coach, you will help clients restore their mind-body-spirit connection, so they can enjoy a healthy, happy and successful life.

Laughter Coaching: To Bring More Lightness and Freedom

Laughter coaching introduces laughter as a powerful modality in the field of personal and professional development by employing laughter as an intentional practice within the transformational framework of coaching. By combining the benefits of laughter with the focused approach of coaching, clients are better able to bring more lightness and freedom into their lives, increase their sense of well-being, lower stress and negativity, and direct this new, dynamic energy towards their goals.

Clients witness how long held beliefs and blocks can rapidly shift making way for their dreams as laughter empowers them to use a more integrated approach towards mental, physical and emotional optimal performance.

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Leadership Coaching: Putting You in the Right Direction

Leadership coaching concentrates on helping executives and high-level managers learn the best leadership techniques. It can address short-term crises or can target improved methods of communication. Your clients will include top-level leaders, presidents, CEOs, COOs, managing directors, business partners, and other decision makers.

Your role is to help clients achieve a higher level of success. For people who have already gained some success, they may need additional coaching to help them reach an even greater goal. For others, they may need short-term assistance, such as motivating their current team members.

When coaching managers, you'll guide them in enhanced communication and leadership techniques. Topics can vary, but common issues can include:

- Leadership techniques.
- Handling difficult situations, such as lay-offs.
- Improving communication between management and team members.
- Emotional maturity of leaders.
- Family dynamics, which can affect team performance.
- Motivating team members to go beyond their job description.
- Empowering others to take responsibility and accountability.

Life coaching isn't counseling. It is a way to understand a person's current situation and help them design the best course of action to improve it. Leadership coaches work with the best-of-the-best. You'll partner with people in various fields, who want to understand and improve their personal and professional lives.

Many of the techniques focus on understanding the foundation of leadership and how to effectively communicate with others. It assists managers and decision makers on how to improve their relationship, both with their team and their family. Some people may not realize how family dynamics affect their business success, but family can present unique challenges and advantages.

A person's well-being consists of many factors, including their physical health and mental outlook. Life coaches help people learn how to improve their total well-being, which makes them more effective leaders. Enhanced relationship training improves their team's performance, as well as the success of the company. You'll meet with clients face-to-face and learn about their present issues and their goals. With your life coach training, you'll help a person decide the best path to reach their goals. You'll consider the person's strengths to build an action plan that's most suited to their situation, temperament and goals. As the person progresses, you'll help them overcome any obstacles, motivate them to stay on track and encourage their continued success.

This type of coaching is invaluable. You'll coach people who want effective techniques to improve performance, enhance relationships and achieve success. Leadership coaching is a growing field, as a greater number of people want to improve their bottom line and business influence. You'll be a valued resource in helping leaders reach farther and live a life they hadn't known was possible.

Life Coaching: Your Way to Personal Success

Life coaching helps people with all aspects of their life. It can address health, wellness, and personal and professional success. What makes a person happy, healthy and successful? Every person's answer is different. We all have different values and beliefs about what we want to achieve or how we feel about success. This type of coaching is very individualized. You won't be sharing a cookie cutter approach but one based on the personal needs of your clients.

As a life coach, you'll partner with your clients. You will work with all types of people from all walks of life. They may be confused about their current path and want to find clarity, purpose and joy. They want more from their personal and professional life but aren't sure how to start the journey. It's not about counseling. There isn't judgment in how they reached this point. Coaching addresses the current situation and the future. It helps someone understand how to move forward, overcome obstacles and achieve everything they've hoped for.

You will work with clients in regular, face-to-face sessions. In initial meetings, you'll gain insight into their temperament, needs, communication style and more. You'll be instrumental to your client's success: helping them create an action plan, guide them past obstacles, and motivate them to reach their goals.

Life coaching training will prepare you to be the best coach, an expert in psychology, health, business, spirituality and more. You will guide your clients to discovering their true purpose, unbridled joy, personal growth and professional success. You will work in private sessions with your clients to truly understand their needs and aspirations. You will ask questions that guide a person's decisions, rather than giving them the solutions. Remember, it is a partnership, where your guidance opens up new possibilities and helps clients reach their goals quickly.

You are familiar with coaching in other areas, such as sports. This is similar, except you will be coaching a person's life and all that entails. Clients will hire you to help them with the following types of situations:

- Feelings of stress and being overwhelmed
- Want more out of life but not knowing how or where to start
- Being unhappy with current career
- Want to increase income
- Guidance on business growth and success
- Suffer from illness and wanting to improve health
- Being open and ready to manifest their greatest desires
- Want life to be easier and more fun
- Improve overall wellbeing

As a life coach, you will receive the training to help people make huge changes to their lives. You'll be the secret to their success.

Men's Empowerment Coaching: Helping Men Succeed with Excellence

Men's empowerment coaching enables men to reach their dreams through the guidance of another man. It's a growing field, as men are seeking help to feel more powerful in their personal and professional lives.

As a life coach, you'll help men, who want more from their lives but aren't sure how to make those changes. It's a unique position. Each gender deals with their own issues or struggles, and it is powerful to partner with someone who shares a similar outlook. Your clients may not feel they have anyone in their "corner" as they may ignore or hide their feelings from friends and family. You'll offer a man's approach to your clients.

Empowerment coaches help clients with a variety of issues, such as spirituality, business, personal and wellbeing. You will help people who want to open their minds to experience greater spiritual guidance and awareness. You will help men understand how to improve their lives through self-love. You will focus on their current needs and aspirations to help them make huge changes in their lives.

People need to understand their own power and wisdom, so they can take control of their lives. You will work closely with your clients to help them create the best action plan. You will ask important questions that serve to guide your client rather than offer solutions. What do men need help with? Like mentioned earlier, you will help them through a variety of issues. Your clients will gain new understanding of their self, so they become empowered to make profound life changes. You'll guide them through many situations, such as the following.

- Understand self-love and how to improve love of self.
- How to increase self-respect.
- How to nurture themselves.
- How to feel empowered to take charge of life problems.
- How to overcome obstacles.
- How to set inspirational goals.
- How to motivate self to continue moving forward.
- How to tap into inner wisdom.
- How to increase income or power in business.
- How to enhance personal relationships.

As a men's empowerment coach, you will help men transform their lives. Your guidance will help them improve their well-being so they can pursue and reach their dreams. Your coaching will be instrumental in helping them overcome struggles and formulate a plan of action. You'll ask questions and guide them with techniques in alignment to their communication style and beliefs.

Your life coach training will prepare you. Your expertise and life skills will be the perfect match in helping men reach success much faster than if they tried to do it alone. Your clients will realize dreams they never thought possible.

Military Transition Coaching: Helping You Adapt to Civilian Life

Military transitional coaching is a specialized field that works with people in the military. In this emerging field, a military transitional coach helps men and women who are re-entering civilian life. Clients may have been in the military for many years or their entire life. They may be retiring or needing a civilian career. It can be a difficult situation, and the transition affects both the person and their family. Your role will be to guide them through obstacles, with the unique perspective of military expectations and challenges.

As a life coach, you will help people deal with life challenges. There is no judgment or counseling but it involves forward-thinking, problem-solving. In this type of coaching, you will work with men and women who want to reenter life as a civilian. Clients need help switching from military standards to civilian thoughts and actions. Many need help finding a new career or learning the financial steps necessary to retire in the way they've always dreamt.

Here are some situations your clients need to deal with.

- How to tap into desires, needs, and goals.
- How to turn their military skills into civilian careers.
- How to choose the best civilian career.
- How to enhance personal relationships.
- How to start a business.
- How to create a retirement plan.
- How to find fulfillment in civilian life and work.
- How to identify obstacles.
- How to overcome struggles in civilian life.
- How to sort out priorities.

Veterans do have help through government agencies, but these don't always address the issues described above. Vets undergo many struggles upon exiting the military, and most profound is the change in lifestyle, from relationships to income. They may be confused on how to start their new lives.

With your life coach certification, you'll help clients learn that life can be successful and happy. They may need help finding a new career path or starting a business. They'll need a financial blueprint that will help them to achieve their new goal: finding a civilian job, career, waiting in transition or retirement. Taxes change. The work environment is different. They are leaving a career they loved and not knowing how to find a new career that offers the same or greater satisfaction. They will discover great fulfillment in their transition to civilian life.

Re-uniting with family is a profound joy for those re-entering civilian life. But, a happy, successful life goes beyond the hugs, tears and excitement. As a military transition coach, you will help your clients make a successful transition to civilian life with preparation, discovery and real solutions.

Motivational Coaching: Helping One Achieve Personal Excellence

Motivational coaching helps people adopt a positive mindset to achieve goals. Clients can include individuals, groups and businesses. This type of coaching focuses on transformation through positive attitude and beliefs. Clients will learn how to overcome obstacles with a “can do” response.

In recent years, the power of positive thinking has been showcased in the media, from talk shows and workshops to self-help books. Studies have shown that a person’s mindset can help them survive unimaginable tragedies, such as war, plane crashes or kidnappings. The good news is that you don’t have to undergo such extreme situations in order to use the power of your mind.

Everyone runs into struggles, whether it’s juggling work, home and family or surviving an economic crisis. Your attitude won’t prevent seemingly negative events, but it will be instrumental in how you cope and grow through the experience.

Have you wondered why some people seem to get everything they want? Are they luckier than other people? Do they experience less tragedy or struggle? Personal growth studies show that thriving through obstacles is more about your attitude toward them, rather than eliminating them altogether. Your response drives your life experience.

As a motivational coach, you will help people of all walks of life. Clients may need help in personal or professional issues. They are open to the power of positive thinking, taking action and making forward-thinking changes. Regardless of the obstacles they face, they need to understand how their response and attitude influences the outcome.

In business, a manager may need help in motivating his employees. At a time of layoffs, cutbacks and economic uncertainty, employees’ morale can be shaky. Their group mentality can affect the company’s productivity and success. Management may not understand the fears of their team, and a lack of cohesion can cause a ripple effect throughout the business. Coaches can help employees address concerns and adopt a positive mindset. Their level of job satisfaction, productivity and longevity increases.

Individuals may come to you seeking guidance for personal matters. They may be experiencing struggles within themselves, family life or reaching personal goals. As a motivational coach, you’ll help them overcome their current problem, while guiding them to transform their attitude and outlook. They’ll learn that positivity is the key to cope with issues and reach their goals. Imagine being a partner with your client and helping them live a life they had only dreamt of – one possible through motivational coaching.

Nature Coaching: Helping to Become One with Nature

Nature coaching helps individuals explore a higher sense of self. It's a way to get back in touch with their true nature and living life closer to their authentic self. Your clients will be people who feel out of touch with themselves and out of balance with the world around them.

We have an authentic self, one that communes with nature and reflects our uniqueness. As we travel through life, our true nature can get bogged down with others' expectations and our own reactions. We have an inner wisdom that can help us overcome any obstacles, but many times, we ignore it or don't understand it. Every person is part of nature. We are not separate beings that operate distinctly from nature. Our true self can learn and grow from our experiences with nature. We can find clarity, understanding and wisdom in these experiences.

Our modern society may actually keep us from experiencing our authentic selves. We're surrounded by material things, electrical gadgets and tools, and synthetic goods. As we accumulate more, we travel farther away from nature and its teachings. Our true self suffers.

Think about the typical workplace or home. We turn on electrical lights and work in enclosed buildings. Our connection with nature is very limited. We aren't breathing fresh air, feeling the grass, smelling the flowers or feeling natural sunlight on our bodies. We live and work in fake environments that mimic the great outdoors. In doing so, we are distanced from nature and from ourselves.

Our mental and physical well-being is affected by our environment. The ways we interact with our surroundings can have a powerful impact on how we feel about ourselves, deal with issues and reach our goals. Our bodies and minds can be stronger, if we provide healthful settings. If we continue to ingest junk, we can't make good decisions or enjoy strong, physical abilities. By limiting authentic experiences with Nature, we are limiting ourselves. Our true self is buried under the unnatural surroundings we build around us.

For those who want to get back in touch with their true selves, nature coaching offers the solution. You'll help clients reach a higher sense of spirituality and inner wisdom. Your life coaching certification will enable you to guide people to connect with nature and re-connect to their authentic selves. Your clients will experience a new sense of awareness, openness, interaction and joy. With your expertise, they will become stronger, empowered and joyful. Their authentic self will shine.

New Age Coaching: Self-help and New Thought Modalities

New age coaching focuses on self-help and new thought modalities, commonly practiced in the 1930's and 1970's. It's an approach to higher education that helps people learn a new awareness of self. It teaches the use of the chakra system, telepathy, psychometric, clairvoyance and meditation to maximize study, memory, concentration and knowing.

Clients of new age coaching want to explore their higher self. They are open to using a range of modalities in order to access their subconscious. They may be experiencing personal or professional issues but want alternative methods to solve them.

Today, we are in an age of information. We are bombarded with almost constant information at home and at work. Knowledge and wisdom are powerful, as those who seek information tend to be in powerful positions. Humans are born with the knowledge to help ourselves. In modern times, we pushed aside those abilities. Some people have never explored their higher self. It's a powerful discovery, and one that will continue to benefit them for the rest of their lives.

When confronted with issues, some people tend to close themselves off and build imaginary walls. In the many stages of human development and growth, this type of behavior is very damaging. Not only will life stay stagnate, but potential growth stops. The world isn't experiencing a shortage of problems. Individuals want guidance on how to overcome personal issues, increase their knowledge and skills and reach their goals. In exploration of our higher selves, we can access the wisdom far faster and easier when we use the techniques of ancient wisdom.

However, we are approaching a different stage in human growth. We are moving from information acquired from outside influences to seeking wisdom from within. This type of life coaching helps individuals find self direction and growth. This journey may be considered 'alternative' or new age, but in fact, it draws upon the great philosophers of the past. When these ancient leaders addressed issues or growth, they looked inward, believing that we all have the wisdom inside ourselves.

As a new age coach, you will help clients overcome obstacles and reach goals by teaching them these practices. You'll guide them through modalities that teach self-awareness, spirituality, skills and wisdom. Through meditation and clairvoyance, clients will be self-directed to solving their current and future struggles. You'll guide them to a greater sense of sense, understanding and joy. Through meditation practices and clairvoyance, your clients will be able to tap into their higher self and find their inner wisdom. New age coaching will help others tap into the knowledge and clarity that lies within.

Organizational Coaching: Clearing the Way to Clarity and Direction

Organizational coaching focuses on helping a person organize the components of their life in order to gain clarity and direction. Clients can be individuals who are experiencing transition, like finding a new place to live, or wanting growth in their personal and professional lives.

As an organizational coach, you will help their clients improve their focus, de-clutter and organize their lives. It's a growing field, as people are seeking ways to control their lives. It can be difficult to find direction when life seems out of control. Some people need guidance in organizing their life. This can range from de-cluttering their home to organizing their workspace.

Think about how hectic it can feel when you can't find the bill you need to pay, or you have to walk around piles of clothes or books just to walk through your house. If you know exactly where your bills are, you'll spend less time and energy in trying to find it in a stack of other bills, magazines and junk mail. If you have piles of things stacked around your living room, it's a potential hazard. When people are organized, they are more efficient in getting things done. Everything has a 'place', and junk isn't tolerated.

It's not only a matter of efficiency though. Physical clutter affects mental clarity. If their environment is cluttered, their vision is in a constant state of 'taking everything in'. It's constant stimulation and confusion since the environment is in a state of disarray.

When people de-clutter their homes or offices, they find a new sense of being in control, which leads to feelings of calm and clarity. They aren't buried in mounds of useless things. They see possibilities that didn't exist before.

Peaceful and mindful feelings set the stage for big changes. A person is able to focus on the true issues at hand and make the changes to reach their goals. When unworthy things are gone, the person has space for things that make them feel strong, peaceful, worthy and happy. By organizing their environment, a person will be in a different mindset. He will be mindful of his surroundings and fill it with things that are valuable and worthy to him.

As an organizational coach, you'll help people create an action plan to de-clutter and organize. Your clients could be trying to get a promotion at work, change careers, find a new direction, discover self-control and power, or going through a life transition. You will help them prioritize the things in their life so they can quickly and easily reach their goals.

Parenting Coaching: Helping Parents Communicate and Understand their Children

Parenting coaching focuses on the decisions and direction that parents make. Parenting isn't an easy path. With every child developmental phase comes its own struggles. Parents want to make the best decisions, but often they feel isolated on the best ways to handle issues. They're unsure how to adopt effective and loving discipline methods and how to communicate with their children. Parenting coaching helps with difficult times and difficult decisions parents have to make.

Our society's family dynamics are constantly changing. Many factors can strain parent-child relationships. The nuclear family is not a two-parent household with two children. It can encompass many combinations, such as single parents, grandparents, adoptive, foster, and same-sex to name a few examples. Every situation can have its own set of issues. Parents can't always find the answers in a self-help book. They need individualized coaching that takes their family dynamic and goals into account.

Your clients are parents, who want a close, loving, nurturing relationship with their children. They want to bond with their infants and enjoy their relationship through the childhood phases and into adulthood. A book or lecture may not address their specific issues or help them adopt better ways to communicate.

As a parenting coach, you'll help struggling parents learn appropriate, effective ways to nurture their children. You'll guide them in strengthening the parent-child relationship and in discovering open, loving communication. Your role is to understand their current problem, help them create an action plan and motivate them to stay committed. It's a highly personalized service, as no two families (or their struggles) are exactly the same. With regular sessions, you will understand your clients' current struggles, lifestyles and goals. As they progress through their action plan, you will give feedback about small obstacles and always support their achievements. You aren't counseling but offering invaluable mentoring and guidance.

With your life coach certification, you will understand child development, communication styles, goal setting, motivation, behavior issues, holistic approaches and coaching fundamentals. In your practice, you will help with some of the following parenting problems:

- Dealing with the demands of a newborn.
- Temper tantrums
- Toilet training
- Anger, hostility issues
- Sleeping or bedtime problems
- Bedwetting
- Picky eaters
- Social issues
- Teenage sex
- Teenage pregnancy
- Depression or suicidal thoughts
- Changes in family
- Not listening or acting out against family beliefs

As a parenting coach, you'll discover that every family is different and unique. A highly rewarding career, your coaching will help strengthen family communication, love and support. With your personal attention, parents will gain necessary skills and knowledge to create a nurturing and healthy environment for their children.

Peer Coaching: Coaches Coaching Coaches

Peer coaching is for other coaches, who need the knowledge and skills of a peer. It focuses on the full spectrum of your life, including professional, financial, health and wellness, relationships, spiritual and financial areas. This unique field helps coaches overcome their own struggles. Just as teachers can learn from other teachers, coaches can benefit from using a coach themselves. They undergo similar struggles that any of your clients may experience. Coaches may be at the top of their career but have problems in their relationships. Or they want specific guidance to strengthen an area they've been neglecting but truly want to experience.

As a life coach, you are trained to deal with all life areas. Your role is to understand a current struggle and help a client move past it toward a solution. You will help them create an effective action plan for reaching their goals. As they progress in their journey, you'll offer feedback and motivate them to continue the path.

You will help clients who want guidance in reaching their dreams. Your assistance will help them achieve success quicker and easier than if they tried it alone. Your life coach certification will train you in many areas, including goal setting, behavior, communication style, coaching methods, financial and business success, personal development, health and wellness, spiritual enrichment, and more. Your knowledge is invaluable.

You'll help people understand the importance of each of these areas and the best ways to strengthen problem areas. It's not about counseling, as you'll partner with your clients in helping them reach their goals. In regular meetings, you'll ask questions, rather than offering blanket solutions. Your coaching will address individual problems, never giving a cookie-cutter approach.

As a peer coach, you'll understand the foundation and intricacies of the coaching practice. A fellow coach will appreciate your knowledge of the field, as some issues may involve their own coaching business. Your peer will understand the general methods you employ, but will be grateful to have the insight of a fellow coach.

Life coach certification can change your life, as well as the life of another coach. Imagine being a partner in someone's life success. You could be the key to helping a peer coach reach a goal easily and quickly. Your compassion, understanding, skills and knowledge will make a difference. When you help a fellow coach, you'll also indirectly help the clients he will subsequently help.

Personal Development Coaching: Centers Around the Aspects of One's Personal life

Personal development coaching focuses on all aspects of personal life. It helps people discover their strengths and reach their personal goals. Your clients will come from all walks of life and want to get more from the life they lead now. They want greater happiness, more love, increased money, reduced stress, and overall enjoyment of their life.

Your coaching will help clients overcome their current issues and design an action plan for success. Your clients want more love, prosperity, happiness and success. You will work on personal life issues, such as:

- Personal relationships
- Self-love
- Discovering the authentic self
- Positive mindset
- Goal setting
- Increased income
- Increased joy and passion
- Increased self-confidence
- Creating life abundance
- Reducing stress and anxiety
- Getting rid of limiting beliefs
- Self-motivation

As a certified life coach, you will help people make significant life transformations. Some people are dissatisfied with their lives. They worry about money, unsure of how to make ends meet. You can help them discover that their lives can be stress-free and their needs readily answered. Not only can they meet the basics, but their lives can overflow with joy and abundance beyond their wildest dreams.

You'll help them with their current personal struggle. It could be making them more aware of their gifts and talents, while helping them gain clarity. With regular sessions, you will be a partner in their self-growth and success. They will learn the importance of self-love, confidence, and a positive mindset and how these factors affect their entire lives.

In fact, it may be surprising to know that some people struggle with putting themselves first. They feel obligations to others come first. They are put at the end of their list of never-ending things to do, and that means their time to nurture themselves and grow is always last. They need to know that their relationship with others and their overall joy and passion is directly related to how they treat themselves. Life isn't supposed to be an unending series of struggles. They can get what they want, and with your direction, it can happen much quicker and easier than they had ever thought.

Mental blocks can negatively affect any goal you try to reach. False thoughts creep into the forefront and can limit joy and opportunities. Many people struggle with feelings of low self-esteem or self-worth. With those thoughts running in their heads, how can they pursue a carefree life, filled with abundance?

As a personal development coach, you will guide clients to becoming more aware and in charge of their destiny. They will open their hearts and minds with direction, purpose and action. You are the key in helping people's personal lives transform into a dream come true.

Personal Finance Coaching: Your Way to Financial Freedom

Personal finance coaching focuses on your personal financial situation, including expenses, main income, alternative income, other household income, savings, retirement, investments, and giving. This type of coaching is in growing demand, considering today's economic struggles. News of unemployment, dwindling or no savings, and an uncertain future weighs on everyone's mind. For many people, their personal lives are destroyed because of poor financial decisions, risky habits and reluctance to ask for assistance.

Money itself is a hard subject for some people to discuss. Their relationships are strained because both partners think of money in strikingly different ways. It may be a taboo subject, something that isn't discussed but handled quietly. A person's relationship with money is dependent on many factors, including their background, current situation, spending habits and general financial knowledge.

With a record-number of people unemployed, the focus of income is at the forefront. Unless someone learned about finances in college, he may not understand how his personal downward cycle even began. He may not understand the best ways to choose a credit card, how a retirement fund works, or the difference in banking institutions. This lack of knowledge blocks their efforts to positively change their financial situation.

Some people have an unhealthy relationship with money. They may see money as an evil necessity or as something "only the rich have". Their mindset determines their journey with money, and whether they suffer from a lack of resources or enjoy abundance. Living within your means can be much more rewarding than "keeping up with the Joneses".

As a personal finance coach, you'll help people who are struggling with their financial situation. They may be facing a temporary crisis or want to learn how to leverage their money into greater stability. Your clients may be anxious and worried about money, living from paycheck to paycheck. They may be worried about their future and their children's future. Their goals may be to get out of debt, save more money, invest wisely, help their parents, fund their kids' college tuition, increase their income or save for their retirement.

With your life coach training, you will be able to help clients overcome their current, financial problems. Your knowledge and skills will include all aspects of financial planning and coaching fundamentals. With regular meetings, you will act as a guide and partner with your clients, as they create an action plan to reach their financial goals.

They will gain clarity, direction and knowledge in how to turn around their financial situation. They'll enjoy a greater sense of pride, satisfaction and calm in knowing they can make positive changes. It's never hopeless – a personal finance coach can guide people in the best ways to transform their lives. Your clients will finally enjoy a life without worry, a life to celebrate to its fullest.

Physician Coaching: Helping Physicians Find a New Journey

If you are a physician and looking to make change in your personal or professional life, a physician coach is there to support you and understand the unique challenges you face. Whether that entails finding new meaning in your existing practice or exploring your career alternatives, the coaching process is similar. We help physicians discover and develop their dormant talents, unique strengths, and long-forgotten dreams, to create a new journey within or outside healthcare that takes full advantage of the energy and intelligence they possess.

Physicians can benefit from working with a physician coach by:

- Reconnecting with their sense of professional purpose.
- Moving past burnout and creating work-life balance and career fulfillment.
- Developing your career potential or making a change in your professional life.
- Acting on your entrepreneurial idea or creating additional streams of income.
- Finding the joy and fulfillment in medicine you once had.

Physician Coaching focuses on the challenges, aspirations and goals of doctors. It's a unique field, but one that is vitally important. Physicians are authority figures and the healers in their community. But often, with responsibility and leadership come stresses and obstacles. As a physician coach, you will be able to help healers re-discover their passion, overcome burnout and set new goals for their future.

You will be helping medical professionals with all levels of experience. A new doctor may need guidance on how to run a successful practice or learning to balance a heavy workload with personal time. An experienced physician may be experiencing burnout, after years and years of giving his knowledge and skills to his patients.

Regardless of the years of professional experience, physicians benefit from coaching. Your role is to partner with them and help them create an action plan for success. You'll help them learn how to live the best of life, personally and professionally.

Many people struggle with balancing home and work. You'll be trained to understand the challenges unique to physicians, such as managing a happy and successful staff, taking a leadership role in the community, caring for patients, goal setting for greater professional success and more. Caregiver stress is real, and physicians aren't immune to the stresses from consistently giving to others.

As a certified life coach, you will begin your sessions with asking questions. You will understand your client's current issues. This isn't a counseling session. You're not addressing underlying reasons for their present struggles. This is future-driven planning. What does your client struggle with every day? What are his strengths? What are her goals? You won't be giving them "answers", but rather helping them sort through the confusion so they can create clear goals. Your expertise will guide someone to finding their inner passion, create a goal and reach success.

Many physicians work extraordinarily long work hours. The reasons vary; it can be to pay off student loans, increase their income, pay their "dues" of being a new doctor, or for the satisfaction of performing a job they love. All of the reasons are understandable, but they can come at a personal cost. Physicians often sacrifice personal and family time. The key is to realize that everyone needs a balance of work and home life. As a physician coach, you will be able to help doctors reach their personal and professional dreams.

Recovery Coaching: Your Way to Recovering with Success

Recovery coaching focuses on helping individuals who are recovering from an addiction, gambling problem, or even a traumatic event. Your clients will be from all different kinds of careers, background and experiences. Their goals may be to address a personal or professional goal while remaining on their road to recovery. This is a valuable field that is a perfect fit for clients who want more out of their lives.

Addictions, and compulsive behaviors like gambling, can have devastating effects on a person's life. Their problem consumes their personal and professional lives. They may lose their jobs, businesses, spouses, family relationships and more. As they reach for sobriety, or search to stop gambling, they may go through group counseling or programs, like Alcoholics Anonymous. While those are valuable programs in recovery, coaching is a vital step in reclaiming their inner dreams and goals.

Your role as a certified life coach will be to guide them to creating a life they love. Your clients may need to overcome daily struggles, like reducing stress, time management or improving their career. They may want to reach a goal that seemed impossible before their recovery.

This type of coaching promotes health, wellness and success. Your clients deserve to live a life beyond their wildest dreams. They only need your guidance. With regular sessions, you will help clients create a plan of action and provide valuable feedback on their progress. Their goals may include increasing their mental and physical wellbeing, advancing their business or creating stable, loving relationships.

As a recovery coach, your clients' recovery journey will advance quicker than if they followed a group program alone. You will help identify their strengths and minimize weaknesses. Clients may need a variety of self-help tools, such as learning the following:

- Time management
- Money management
- Goal setting
- Stress reduction
- Anger management
- Improved communication
- Career decisions
- Job application process
- Starting a new business
- Improving existing business
- Increasing income
- Increasing self-esteem
- Increasing confidence
- Adopting a healthy lifestyle
- Balancing work and home life
- Networking

With your help, clients will be able to set clear and reasonable goals. They will create their own action plan for reaching success. Your role as a recovery coach is to help them stay on-course so they can live a life of health, wealth and happiness.

Relationship Coaching: Building Personal and Professional Relationships

Relationship coaching focuses on helping people build and enhance their personal and professional relationships. It's an important field because a person's ability to develop and grow relationships can affect many life areas, everyone from their romantic partners to business contacts.

As a life coach, you'll help clients identify current problems in their relationships. Your clients will work on all types of relationships including intimate or business relationships. Some may need guidance in a romantic situation, such as with their spouse or life partner. They may want to work on the relationship with a family member, such as a son, aunt or father. In business, it could be a person's co-worker or boss. Clients could also work on strengthening ties to casual friends or community contacts.

This type of coaching is dedicated to working through all the issues surrounding relationships. It's a vital role, as a person's success and happiness in life depends on their ability to connect with others. Your clients may need help with the following:

- Discover the troubling aspects within a current relationship.
- Identify the client's issues (such as fear, low self-worth, or anger) that block successful relationships.
- Enhance a client's self-confidence to identify people who aren't good matches.
- Help the client learn how to attract their ideal partner and build a good relationship.
- Work through communication missteps that may be preventing happy relationships.
- Identify ways to set personal boundaries with others.
- Create a goal with active steps on gaining an ideal mate, happy family or profitable business partner.
- Develop steps to enhance current, happy relationships.
- Grow intimate relationships into happier, more loving, and deeper relationships.

With certified coach training you can help people lead a happy, successful and professional life. Many people have trouble in learning how to relate to other people. They want a happy family and positive relationships within their work and social environments, but are not able to achieve those goals by themselves. Positive relationships often depend on a person's self-confidence, healthy boundaries, good communication, and more.

Think how you will affect your clients' lives. You'll be able to help them get rid of unhealthy relationships and increase their self-confidence in all relationship areas. They'll even be able to grow their happy relationships into something even stronger - relationships that touch their soul.

As a relationship coach, you will be instrumental in helping clients relate to the important people in their lives. Your skills will change your clients' lives and indirectly, the people they hold close. Your clients' lives will be transformed as they enjoy more intimate, peaceful, and successful relationships.

Retirement Coaching: Transitioning to a New Life Stage

Retirement coaching focuses on the personal aspects when a person leaves their career. This is a growing field, as millions of baby boomers inch closer to retirement every year. They've worked their entire lives but need help on how to achieve fulfillment in their post-career years

Many people decide on the best age to retire based on their finances. Some enter the stage early because of an unforeseen layoff or health issue. Regardless, most approach this new life stage without much thought to their personal well-being. It's often seen as the pinnacle of our career – the reward for many years of hard work.

As a life coach, your role will be to help people address the personal issues in their new life phase. Your clients may need help to ensure their post-career goals are personally fulfilling. This life stage shouldn't be viewed as an end but a new beginning.

Your Life Coaching clients may need help to address the following:

- Review personal likes and goals in order to understand themselves better.
- Delve into soul searching activities so they can identify who they are.
- Help them overcome new issues that occur during this stage, such as new identity, activities, relationships, and goal setting.
- Develop a plan to address new issues.
- Overcome unexpected challenges, such as loneliness.
- Reduce limiting beliefs that block their success and happiness.
- Take action steps that help them enjoy a retirement that's more fulfilling than they could ever imagine.

Many people spend all their working years with their sights set on retirement. It's more of a destination. Their mindset is to climb this imaginary mountain of their career with retirement as the summit. The problem is what happens when they reach the top. Life doesn't end there – it begins anew!

As a retirement coach, you will help people enjoy the journey in the new life stage. It's a huge change, and many people barely think of the personal issues that can arise. You'll help your clients understand who they are, identify new goals, enjoy personal satisfaction, and embrace success and happiness.

Your role is vital to helping people know retirement is a journey too – a new stage filled with goals, achievements and success. You'll help people realize the best days of their lives are here, in the present, in retirement. They'll rejoice in their new identity, experiences and achievements.

Sales Coaching: Your Way to Increased Success and Profitability

Sales coaching focuses on business and increasing a client's success and profitability. In a downward economy, many people want to learn how to increase their sales and their income. Your clients could be sales managers, sales vice-presidents, chief sales officers, sales performers, high level managers, executives, consultants, solo entrepreneurs, small business owners, and coaches.

While the people in those roles have specific needs, they also share many similarities. They're concerned with finding new business partners, creating ways to make more sales, increase their visibility, grow the stability of the business, and increase their bottom line.

Your clients may need help in identifying new avenues of revenue. Or they may need help to increase their self-confidence and reduce any fears relating to income. They need to identify their current situation and design an action plan to reach higher sales.

As a life coach, you will help clients break through difficulties to experience greater success. Your coaching clients may need help with the following issues:

- Increase their client base.
- Discover how to attract better qualified clients.
- Learn communication tools that ensure closing the deal every time.
- Overcome shyness, fear, or low self-esteem that may be preventing sales.
- Grow confidence to meet any challenge and reach all goals.
- Learn stronger sales methods and techniques.
- Create solid support systems.
- Discover new avenues for sales.
- Create clear and concise steps to increase sales.
- Boost sales process of identifying good clients, qualifying them, and closing the sale.
- Learn the art of negotiation.
- Increase verbal and written communication tools to connect with clients in person, on the phone and emails.

Your clients may be from all different fields, from private business to service industries. They know they need to increase their income, but they aren't sure how to make that happen. If they've been dealing with low sales records, they could also be dealing with the personal consequences such as feelings of failure or low self-confidence.

You'll build a rapport with your clients to understand their current techniques, management style, communication tools as well as their goals. As a sales coach, you'll help them identify the steps they'll need to take to rebuild their self-worth, overcome any fears, and stay on track to their goals.

Your clients will learn how to develop their personal sales style. With your certified coach training, you'll help people learn time management, good communication, and stronger leadership skills. Those abilities lay the foundation to business growth, increased sales and huge profits.

Self-Esteem Coaching: Helping People with Feelings of Value and Worth

Self-esteem coaching focuses on a person's feelings of worth and value. Your clients will be from all walks of life and various careers. This type of coaching is vital to many people, as it's nearly impossible to achieve any goals without a good sense of esteem.

Clients may be struggling with personal or professional goals, but they realize that the crux of their problem lies in a low self-esteem. Why does that make a huge difference? While they set their intention and head toward their goals, they're stopped suddenly by negative feelings and thoughts. They are constantly bombarded with the internal dialogue of "I'm not good enough", "I'm not smart enough", or "I'll never achieve what I want". These kinds of negative thoughts can fuel their feelings of loss and fear. As they start toward their goals, they can't overcome initial challenges; their lack of confidence foils their plans.

The foundation of reaching any goal is to feel worthy and "good enough". Your clients may have adopted these beliefs from previous failures or from others' negative remarks. Regardless of the reasons it started, they need help boosting their self-esteem. With your life coach certification, you can help. Your clients may be struggling with mental, physical, emotional or spiritual issues. The biggest dilemma is overcoming poor confidence.

You will listen to your clients' current issues and help them prepare a plan of action. With your guidance, your clients will be able to:

- Boost their self-confidence.
- Increase feelings of self-worth and self-love.
- Understand their triggers of negativity.
- Learn to squash doubt.
- Reframe old, negative beliefs into thoughts of respect, love and confidence.
- Overcome fears, feelings of failure or other emotions that block their success.

As a self-esteem coach, you will help people completely transform their lives. Your clients need the tools to unlearn past negativity and learn how to love themselves. It may be the first time in their lives that they put themselves at the top of the list. They will rejoice in the freedom of fears, overcome poor confidence, and reach their goals.

Help your clients on their journey to achieving everything they want to achieve. A high self-esteem is a solid step in climbing the ladder of their dreams. Your role is to help them to that first rung and guide them to the top.

Singles Coaching: Helping Singles Find Healthy, Loving Relationships

Singles coaching helps people who are looking for a soul mate, as well as enjoying life as a single person. Your clients will be from all walks of life, age groups, socio-economic levels and genders. They want a loving, healthy relationship but can't seem to make it happen. They may be fearful of attracting the 'wrong person' once again. They feel a bit helpless and hopeless as they stand by and watch friends date and fall in love.

Why isn't love in their lives? Your clients have put their heart on the line. They tried the dating scene, struggled with maintaining a relationship, or coped with devastating breakups. They want a life-long partner but aren't sure why love eludes them.

In life coaching, your role is to listen to your clients and find out the current problems. You'll guide them to creating an action plan, root for their progress, help them stay on track, and celebrate their successes. Your clients also need to learn how to be comfortable with themselves. They need to learn how to love themselves and feel complete. Just as a break-up doesn't define your love life, being single doesn't mean a life less than fulfilling.

A person may have spent years in their dream of finding love that they've neglected themselves. They may not know who they are if they don't have someone on their arm. Your clients may need help with the following relationship issues:

- Learn how to spot the 'wrong' person before the beginning.
- Build stronger communication skills.
- Increase their self-confidence.
- Understand the signals of the opposite sex.
- Identify the best venues to meet people.
- Learn how to build a relationship, from the initial attraction to long-term relationships.
- Transform their feelings of desperation into a person happy with themselves (regardless of their dating status).
- Learn to identify potential and compatible partners.
- Overcome limiting beliefs.
- Create a vision of their ideal partner.
- Design an action plan to meet the perfect person.
- Develop a plan to increase self-love and happiness as a single person.

As a singles coach, your role is important in a person's life. Your clients could be wrestling with the dating game, too timid to put their heart on the line, or unsure their identity as a single person. You can help them feel comfortable in their own skin. You will guide them to addressing their fears and taking the steps to achieving anything they desire. They will be able to attract their life partner and embrace a life filled with love.

Special Needs Coaching: Helping Disabled Families and Individuals

Special needs coaching focuses on the issues of people with autism or other developmental disorders. Your clients may be children or adults. Often, you'll work with the person's family, who will provide the necessary support system to achieving their goals. This type of coaching is vitally important, as you'll help families with disabled, loved ones. Your role as a life coach is to ensure the client can overcome challenges to the best of their ability, live in the healthiest environment, and enjoy a life of meaning and fulfillment.

Parents of special needs children need your coaching. They are searching for answers, as they struggle with day-to-day challenges and concerns. They want their child to be happy, safe and successful – just as every parent wishes for their child.

A special needs coach will address environmental concerns, daily life skills, routine activities, special events and developmental milestones. Your role will be to listen to the family and understand their current problems. You can help them identify the goals and create a plan to reach those goals. You will also help them overcome any initial obstacle and prepare for any future hurdles. They may need to establish a good support system, for the parents as well as the child or disabled adult. With your skills, they can rejoice in their child's abilities and achievements. They can reduce the physical, mental and financial stress of raising a special needs child.

This unique life coaching certification is vitally important to families of special needs kids and adults. While they can read self-help books or attend support groups, they'll gain valuable skills through one-on-one coaching. Special needs coaches are in a growing field. They are widely sought because families are in great need of quality, one-on-one coaching. Parenting is already difficult to navigate at times. With a child of different abilities, these families need additional support and understanding of the special difficulties they face.

You'll guide families to create a more manageable support plan, including home, school and work. You'll work together to help the child or disabled adult become more independent and responsible. You'll help families overcome challenges in the school system, work environment, or community support.

Families, children and disabled adults need your help. You're the key through the maze of special needs challenges. You'll help clients take the steps to lead a responsible, happy, healthy and successful life. It doesn't get better than that.

Spiritual Coaching: Helping People to Connect to Their Divine Wisdom Within

Spiritual coaching focuses on helping clients connect to the divine wisdom within themselves. This holistic field guides clients to their “center”, the place where all thoughts and dreams are created and realized. It’s a growing field as more and more people are searching for answers within themselves.

Your clients may come from all walks of life but will be receptive to re-discovering their core. They may have allowed distractions and doubt to cloud their path, and they need help in reconnecting with their identity. Some clients may be pursuing answers for mental, physical, or emotional reasons. They want answers to personal dilemmas or professional obstacles. They may want to explore their identity and their soul. Finding the answers within will provide the life solutions they’re seeking.

As a life coach, your role is to guide clients into their holistic journey. You’ll help them realize that a spiritual connection allows them to experience greater possibilities and bigger dreams. The spiritual path is often blocked by societal rules or disbelief. Thoughts can be tied to negativity and disconnect from the soul’s purpose. This path obscures a person’s ability to control their own life. They may feel powerless, hopeless or blocked. They struggle to find their purpose in life.

You will help your clients with the following:

- Re-discovering and re-connecting with their identity.
- Tapping into their spiritual wisdom.
- Boosting their self-confidence.
- Enhancing their self-love and self-respect.
- Understanding their life purpose.
- Creating action steps to take control over their lives.
- Helping them solve physical, mental, emotional and spiritual issues with their inner solutions.
- Opening up spiritual awareness.
- Setting new and exciting goals.

Your life coaching certification will help build your skills in this important career. In our digital age people are getting farther and farther from reaching their center. You’ll find more and more people searching for their own answers: solutions that are holistic, healing and meaningful.

You’ll be instrumental in helping people re-discover that they are powerful. They do have the answers. They can heal. They can enjoy a life filled with exciting dreams.

As a spiritual coach, you’ll help clients connect with their soul, discover their life’s purpose, and achieve their dreams. Your clients’ journey will affect every aspect of their lives and will transform their struggling into enlightenment and joy.

Stress Management Coaching: Helping People Identify and Reduce Stress

Stress management coaching focuses on helping people identify and reduce stress. Your clients will come from all socio-economic levels and careers but need guidance in controlling overwhelming and destructive stress.

Studies are showing that stress is more complicated than having a bad day. Constant, unrelenting stress can severely affect a person's health. It's crucial to get control over stress, so that it doesn't progress into a potentially devastating illness.

Your role as a certified life coach will be to help a person set up tasks and schedules. When life becomes too overwhelming, it's often because we're too unorganized. Every small task builds on the last problem; big problems are too difficult to cut down in size.

Your clients may struggle with the day-to-day tasks that everyone must tackle. Your clients may be so overwhelmed with stress that they can't see the solutions on how to reduce it. They may be frustrated, distraught, hopeless or angry. It seems like everyone reports feelings of stress.

With economic struggles, many people are struggling with finances and housing. They're worried about their future. They're concerned about their current resources. The stress builds and builds. Without tools to reduce it, stress can be a constant companion. Some people start to think of it as a normal way of life, until it erupts into something they can't overcome. They may develop health related issues and need a way to control it.

You'll need to build rapport with your clients and understand their current struggle. While it may look bleak to the client, you'll be able to guide them to important tasks that reduce stress. Your clients may need help with the following:

- Building self-esteem that they can control their stress.
- Developing a daily task list that tackles the big problems every day.
- Understanding the seriousness of uncontrolled stress.
- Creating physical, mental, emotional, and spiritual activities that help relieve stress.
- Developing long-range plans to reduce future stressors.
- Overcoming the negative feelings of stress.
- Designing an action plan that helps them reach their goals.

As a stress management coach, you'll help clients focus on their complete well-being and establishing control of their lives. Your role is to guide clients in living a happier, stress-free life. You'll find out their greatest sources of stress and their current issues blocking their dreams. With action steps, your clients will be able to squash stress and feel powerful in reaching their dreams.

Success Coaching: Your Pathway to Personal and Professional Success

Success coaching focuses on the full spectrum of success, including categories of obstacles that are in direct conflict with your goal. Your clients will be working on personal and professional success. Many people set their own goals but somehow fall short of reaching them. This could be for a variety of reasons, such as not setting realistic goals, not taking the right action steps, or even not dreaming big enough. Their dreams stay just out of reach, regardless of how much they want them to happen. When they don't achieve their goals, they may give up or feel they are somehow at fault. It can be the beginning of berating themselves or feeling they're not worthy.

Everyone can reach their dreams. Life coaches are able to guide people through the obstacles and help them believe in themselves and realize their greatest desires. Your role as a success coach, will be to listen to your clients and help them formulate the right action plan for them. In this field, you'll help people develop short and long term goals, take action, and overcome setbacks.

This career is a popular and growing field. Many people find themselves stuck and unfulfilled. They may want greater success in their career. They may be searching for personal success and happiness. Despite their previous attempts, it seems a stone's throw away – but it doesn't have to be.

With your guidance, your clients will learn how to:

- Boost their self-confidence to take on any challenge.
- Increase their feelings of self-worth.
- Learn how to communicate well with others.
- Identify their talents and abilities.
- Build on their strengths to achieve everything they want.
- Determine their short and long terms plans for realizing their greatest dreams.
- Design an action plan for reaching their goals.
- Understand how to reward and motivate themselves.
- Learn new tools specific to their career goals.
- Create daily, monthly, and yearly to-do lists that are realistic, manageable, and effective.
- Build a personal support system.
- Set goals, small and large, that will keep them on track.
- Overcome negative mindset.
- Adopt the attitude of success.

As a success coach, you'll be the key to helping people take those first steps in reaching their goals. You can help clients reach personal and professional success. They'll be able to live a life they never would have imagined. With your guidance, they'll achieve everything they want in life.

Transitional Coaching: Helping People Through Big Life Changes

Transitional coaching focuses on helping people through big life changes. Your clients could be facing a variety of life issues and need your guidance through a tough period to a stage of great fulfillment and happiness.

All of us must go through transitions in life. It could be personal, such as a marriage, divorce, or widowhood. It could be a health issue that causes us to take our physical health more seriously. We could face a mid-life crisis, in which we lose our identity and question our life's purpose.

Your clients could be stay-at-home moms who decide to re-enter the workforce. She may need guidance on handling the balance of work and home while setting career goals. It's a difficult transition, as her identity shifts from at-home mom to career woman. She must adopt highly effective time management systems, so she can meet the demands of both work and family. She may need to increase her personal support system to handle the changing roles.

Your clients may include those who have been laid-off or unemployed for a period of time. While a new career can be a celebratory time, it also has its own set of stresses. The person needs to transition from their previous activities and mindset to being back in the workforce. He or she may need assistance in setting career goals, as well as setting up family support systems.

Life coaches guide people through a myriad of life stages. Your role will be to help people address their current transition, set action steps to make the changes easier and more manageable, and create short and long term goals for success. It's an important career as your clients will be battling a tough period in their lives. They need someone knowledgeable about re-discovering their identity, setting new goals, coping with changes and loss, and taking steps to thrive after the transition.

Your certification will provide the tools you need to help people through these challenges. Imagine guiding people through tough times or life changes. You'll help them set realistic goals, while coping with the physical, mental, emotional and spiritual challenges.

Transitional coaches employ techniques that will help their clients to gradually embrace their next venture. You'll empower your clients to develop a higher level of self-worth, self-esteem and value in their lives. They'll rise above and achieve greatness.

Transpersonal Coaching: Finding Your Greatest Potential

Transpersonal life coaching focuses on reaching goals by incorporating the realm of the spirit. You'll help clients realize their full potential by melding the human experience and the greater framework. This career is thought-provoking and spiritual-based.

This type of life coach works with a client's spiritual beliefs. This larger framework may include the client's view of God, religious practices, mystical experiences, altered states of consciousness, or any other part of the client's experience that has meaning for him or her.

From the transpersonal perspective, difficulties that are encountered are not seen as a problems to be fixed, but as indications that a greater potential within is unfolding. It's a unique field, as many people are searching for more spiritual solutions. They want their lives to have greater meaning and to enjoy an increased connection to their spiritual beliefs.

As a coach, your role will be to guide clients through difficult situations by creating an effective action plan. It's not delving into the past but looking at the present issue. You'll help people align their current life to where they want to be, and be the key in creating the positive, forward steps in realizing their dreams.

As a transpersonal life coach, you'll assist clients in understanding the importance of their current challenge. You'll help them realize what lesson or meaning surrounds the present problem. It's not something to casually dismiss or skip through. It exists to teach them something meaningful and vital to their life.

As your clients become reconnected to their true identities, they can realize the lesson and tap into this greater potential. The client then becomes empowered in accomplishing his or her goals, and in consciously creating his or her life.

Your clients may struggle with the same issues over and over because they don't see or understand the value being presented. Within their spiritual framework, they can assess the challenge as being sent by God, their inner wisdom, or other beliefs. Understanding the underlying meaning will enrich your clients' lives and help them move beyond the challenge once and for all.

Your role as a transpersonal coach will be to understand your clients' greater spiritual framework and help them discover the value in their current challenges. You'll help them believe in the wisdom of the lesson and create a plan to learn and grow from the experience. They'll uncover a richer, deeper life, with blessings of the role played by their current problems. As they understand that problems are not to be feared or dismissed, they'll rejoice in discovering their own power and wisdom. They'll move beyond any difficulty to realize a life they've always wanted.

Weight Loss Coaching: Discovering New Healthy Lifestyles

Weight loss coaching focuses on all the aspects associated with weight loss. Your clients may want to lose the pounds for a variety of issues. They need guidance in staying on track, losing weight easily, and rejoicing in their healthy lifestyle.

This is a hugely popular field as many Americans struggle with diets year after year. They seem to gain and lose through the dreaded, dieting rollercoaster. They're not certain what they're doing wrong and confused on how to find the perfect tools.

Many people blame themselves for 'failing' to keep the weight off forever. Negative statements block their subsequent plans. They discover the next "greatest diet" but soon find themselves not able to shed the pounds. Their self-esteem and confidence falters, and they're not sure they'll ever be their ideal weight. There are many reasons for a person to have gained extra pounds.

As a certified life coach, you'll address the current issues and help create an action plan to living a healthier life. You'll guide clients in understanding that weight loss can be a natural phenomenon, giving them a body that looks and feels great.

Your role is to provide clients a different perspective about their struggles, while also being their advocate of their goals. Losing weight can be a lonely business, and your clients will appreciate having someone in their corner. Your guidance will help them move forward that much faster so they can focus on living a life of their dreams.

As a weight loss coach, you'll help clients with a variety of issues including:

- Understanding the connection between mind (thoughts) and body (feelings).
- Learn how to differentiate between real hunger and food cravings.
- Identify the triggers that cause a client to eat even though he or she is not hungry.
- Eliminate the blocks that stand in the way of reaching their goal.
- Increase their self-confidence, self-love, and self-respect.
- Adopt a healthy lifestyle, filled with good foods, physical movement and loving thoughts.

Successful weight loss often requires a paradigm shift in thinking ... about food, the physical body and sometimes, life in general. When that shift is made, a never-ending source of inspiration and momentum becomes available.

You'll help clients set an action plan that addresses the necessary shifts. You'll help them adopt a healthy mindset where weight loss is natural, easy and effortless. Their journey will transform from struggle, fear, and loathing into a life of enthusiasm, freedom, and joy.

Women's Empowerment Coaching: Encouraging Women to Embrace Their Talents

Women's empowerment coaching focuses on helping women overcome obstacles, understand their identity, and tap into their true power. Your clients will be from all walks of life and need guidance on overcoming a current problem and realizing their own talents.

Throughout history, women have taken a backseat to a male-dominated society. They discovered they had their own talents, abilities and skills and needed to take more control of their lives. A dependent mindset has its own set of obstacles, including those within the family, business and the community.

With life coach training, you'll help clients realize their own power to take control of their lives and achieve their dreams. Your clients may be empty-nesters who are re-entering the workforce after years of being a stay-at-home mom. They're dealing with personal life changes of raising their children and re-discovering their separate identity outside of mom and wife. They may also need to update their skills or learn new tools to stay competitive within a business environment.

You will also help women who have suffered from low self-esteem or confidence issues that continually block their goals. They may have adopted a negative mindset from family or friends, and they don't feel capable of fulfilling their dreams.

As a women's empowerment coach, you'll also help women who have been capable and successful in prior ventures but are stuck on a current problem. They may desire what seems to be an impossible dream but aren't certain how to achieve it. They may want greater satisfaction in their job or to achieve bigger career success. The current hurdle threatens to undermine their dreams.

You'll help clients identify their current strengths and understand their short and long term goals. You may be working on a variety of issues including:

- Self-esteem.
- Self-confidence.
- Self-respect.
- Goal setting.
- Time management.
- Public speaking.
- Finances.
- Career.
- Family.
- New roles in family, business or community.
- Communication tools.
- Improvement of physical, mental, emotional, and spiritual life.

Your role will be to help women design a life that's in alignment to their identity and their life's purpose. You'll be the key in helping them relinquish a negative mindset or behavior that's holding them back.

Women's empowerment coaching guides women to take control of their lives, bust through obstacles, and live a life of their dreams. It's an exciting career, as you help women become independent and confident in their talents. They'll embrace their newfound freedom and achieve their goals.