

DISPELLING THE MYTHS ABOUT LIFE COACHING



HOW TO CHOOSE THE BEST LIFE COACH FOR YOU

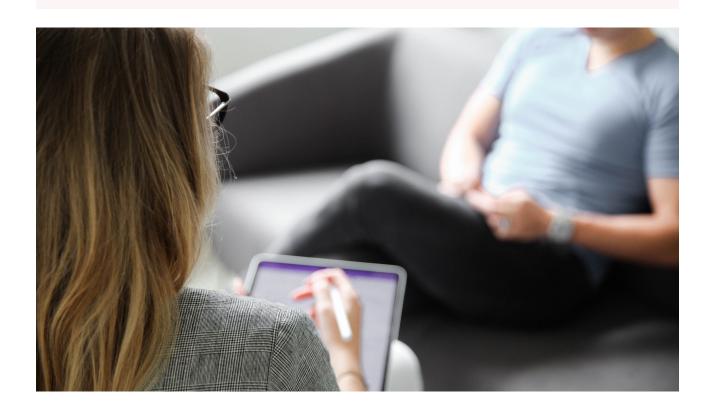


MYTHS

Today more and more people choose to work with a coach, giving themselves dedicated time to pause, space to breathe and time to think, so they can refocus on their most important life values or leadership questions.

The question is, with so many coaches available, how do you cut through the crowd and find the best one for you?

Over the next few pages I dispel some of the most common coaching myths, and offer simple tips to help you choose a coach who is perfect for you.



MYTH ONE

I SHOULD BE ABLE TO WORK EVERYTHING OUT MYSELF

WHEN YOU PAUSE, STEP BACK AND OBSERVE YOUR ACTIONS, IT ALLOWS YOU TO MOVE FORWARD MORE ASSUREDLY

You are more powerful when the mirror is held up to you.

eg :

I MUST HAVE A PROBLEM BEFORE I HIRE A COACH

MAKING YOUR STRENGTHS AND VALUES MORE CONSCIOUS, ALLOWS YOU TO LIVE WITH GREATER CONFIDENCE.

Find a coach who can balance working on your development areas while enhancing your strengths.

MYTH THREE

eg :

I MUST KNOW WHAT I WANT TO ACHIEVE BEFORE I BEGIN

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NOT KNOWING ALLOWS THE **UNSEEN TO BE SEEN**, AND IS THE PERFECT
STARTING POINT TO ANY COACHING
CONVERSATION.

Relax your need to know and be in control, stay curious and let the conversation guide you.

MYTH FOUR

A GOOD COACH IS A QUALIFIED COACH

DON'T BE DAZZLED BY QUALIFICATIONS, IT JUST MEANS
THEY WERE ABLE TO LEARN WHAT
THEY NEEDED TO LEARN.

Instead, ask them about their ongoing personal development and supervision.

eg :

A COACH MUST HAVE EXPERIENCE IN MY INDUSTRY

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DON'T LET INDUSTRY LIMIT YOU, A GOOD COACH IS ADAPTABLE AND COACHES THE WHOLE PERSON.

In your inital conversation observe if the coach has a natural way of understanding you and your world.

eg :

I NEED TO CHOOSE THE RIGHT TYPE
OF COACH

CHEMISTRY COUNTS, CHOOSE A COACH YOU FEEL A CONNECTION WITH IN THE FIRST INSTANCE - THE REST WILL UNFOLD

Have INTRO sessions with as many coaches as you need to, until you find the one who clicks for you.

MYTH SEVEN

eg :

MEETING IN PERSON BUILDS GREATER TRUST

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ASK YOURSELF HOW HONEST YOU CAN BE WITH THIS PERSON,

IT IS SAFETY THAT BUILDS TRUST

RATHER THAN BEING IN THE ROOM

Consider how bold and how vulnerable you could be in conversations with this person.

MYTH EIGHT

eg :

MY FRIENDS AND FAMILY
CAN COACH ME

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THEY MAY HAVE GOOD INTENTIONS, BUT YOUR FRIENDS AND FAMILY WILL HAVE **BIASES THAT INFLUENCE THEM**

A coach can provide you with an objective perspective by highlighting multiple positions for you to consider.

MYTH NINE



IT'S IMPORTANT TO KNOW
THE SCIENCE OF COACHING

WORRY LESS ABOUT THE SCIENCE, CONSIDER IF IT IS A THOUGHT PROVOKING, STIMULATING AND INSIGHTFUL CONVERSATION

Coaching is a powerful dialogue between two people; choose someone who leaves you with brand new perspectives.



I DON'T HAVE ENOUGH TIME FOR COACHING

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THE MORE RESISTANCE YOU FEEL TOWARDS COACHING THE MORE LIKELY IT'S TIME...

Ask your coach to set a regular rhythm with you, this is key to enabling it to become a natural part of your routine.

MYTH ELEVEN



I AM UNCOACHABLE

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YOU CAN ANTICIPATE FEELING
CHALLENGED DURING YOUR
COACHING, BUT IT'S HIGHLY
UNLIKELY YOU ARE UNCOACHABLE

Coaching is a mutual conversation that requires you to show up and play your part.

MYTH TWELVE

eg :

COACHING DOESN'T WORK

STUDIES SHOW YOU ARE MORE LIKELY TO **SUCCEED** IF YOU HAVE A

Choose a coach you respect, and who has your well-being and success (not their own ego) as their primary focus.

SPECIFIC ACCOUNTABILITY TO

ANOTHER PERSON



BEATA JUSTKOWIAK

AN INDIVIDUAL WITH CREATIVE PASSION

Ex-athlete, psychologist and life coach working with individuals and business professionals. Known as confidence expert, Beata is an energetic and innovative coach working internationally from Singapore. She provides highly tailored strategies and approach to the individual's needs.

She takes life with its ups and downs. She loves dark chocolate, complex situations, laughing out loud and having thought provoking conversations.

She takes **practical psychology** further by organising Fit Chill Out Retreats



TRANSFORMING THE WAY WE THINK, WORK, EXERCISE & LIVE.