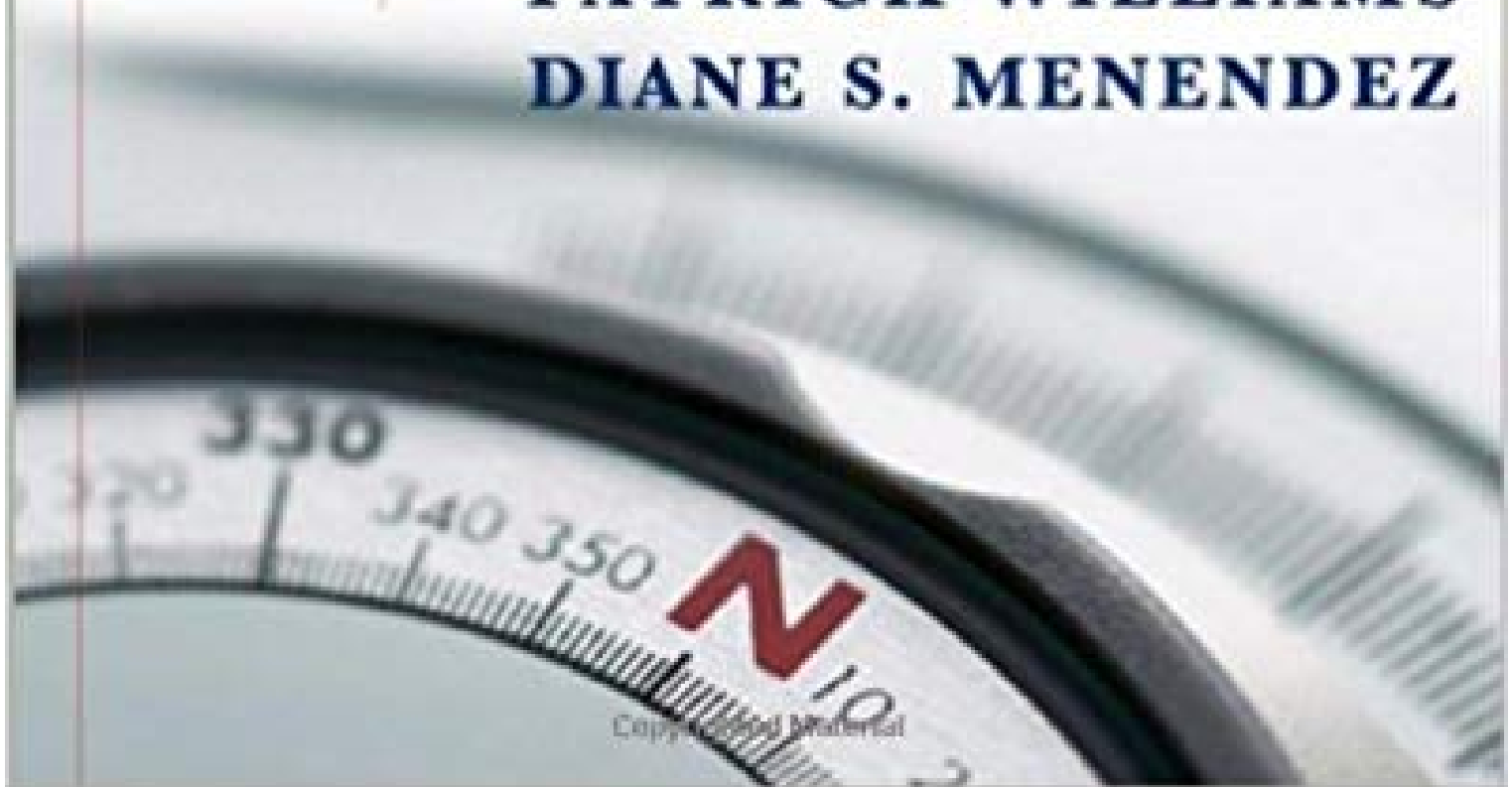


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BECOMING A PROFESSIONAL LIFE COACH

**LESSONS FROM THE INSTITUTE
FOR LIFE COACH TRAINING**

**PATRICK WILLIAMS
DIANE S. MENENDEZ**



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Patrick Williams

Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training



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Personal and professional coaching, which includes emerged as a robust career within the last several years, has shifted the paradigm of how people who seek help with life transitions look for a "helper" to partner with them in developing their desired future. Learning to be a Professional Life Mentor draws on the wisdom of years of collective experience which have gone into creating the curriculum for the Institute for Life Coach Training. This curriculum has qualified therapists and psychologists all over the world to add coaching to their current businesses. No matter what kind of sub-specialty a trainer might have, life coaching may be the basic operating-system: a whole-person, client-centered approach. Here, Pat Williams, who is a leader in the life coaching motion, has co-authored another essential reserve for therapists operating as coaches. This book presents the essential components of life coach training curriculum in a content-rich form that is equivalent to a graduate-level education in the field.



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Must have Everything I have to know is here. . Easy to understand and follow. Absolutely filled with great information for somebody thinking of becoming a life coach or leadership trainer. I like their writing style, and the info given is definitely second to none. Great read for coaching Very in-depth and worth it -- even as a personal self-help book! It is one that does deserve 5 stars Bought for Univeristy class I bought this book for a Life Coaching classes I took at university. And even if you are a preexisting coach, this is a great read, because as you know, it's always smart to possess continuing education. The majority of the other books I came across on life coaching were less extensive and seemed similar to self-help manuals. That is more of a Bible, then a book. Jalax truly likes this book! Unquestionably filled with great information for somebody . It has helped me a lot and it was a great read. . We am a health coach currently and thinking of expanding my business to help my customers enjoy more value for the SAME cost!Bobbie in Raleigh Excellent resource. This one was an EXCELLENT read! I like the theory, the good examples, and the logic found in this book. Excellent resource.. I am sure it will be a great asset as I research for my future training experience. Definitely worth the money spent. Life Coach Trained in Measured Doses Williams and Menendez present a clear and concise written training course on what it's like to be a professional Life Trainer. They also pepper their book with enough stories and case studies to make the entire "learning thing" much more appealing and personal. Five Stars Among the better Coaching resources I've found.If I have any issue at all with the reserve, it is predicated on presentation, not content material. The book is weighty on exercises and psychology, and light on fun. While it may be wonderful to know there are "cognitive-psychological and behavioral implications of our beliefs," I would rather be told "some beliefs keep you and your clients back . Great info.?but how?" . Four Stars Love this book To become a professional, you have to be certified. She hit a home run with me as I learned a lot and recognized I knew more about this subject matter than I noticed. or something more potent I can use rather than "The Five Types of Affirmations for Empowerment," a section I found rather tedious.All in all, however, this book is a great manual for all those really wanting to help others seeing that a Life Coach. Because once you finish Month 12, you would need to go back to Month 1 and begin all over..If you're starting out or just showing an interest in coaching, this publication is most definitely a must-read! It had been created for professional counselors and I found it to be an invaluable resource. This is a classic fantastic book. I believe this book would charm to individuals who have a history doing therapy or guidance like I do. I have to admit this book is written effectively. I could read it 10 times and still just grasp a fraction of what it says. I think this book really needs to be read like a bible. ALSO, this reserve found me like it has been used and the dust coat was ripped and bent out of form. It really shouldn't have Chapters..just about everything you might like to know before learning to be a life coach. Packed with great information I bought this publication to augment my understanding in training. Even if your plans are NOT to become a Life Coach, that is still helpful just to understand how the human brain works.. Book will not explain The book is jammed packed full of information, aside from the important stuff I was searching: how to obtain a certificate, various ways of obtaining a certificate. Books such as this is so much more useful.. This book has been very informative if you ask me and I . It provides given me greater perspective of what I can do differently, as though I had a coach right next if you ask me.. This book has been very informative to me and I have learned a whole lot through the pages. Best book on training I've read This is a genuine textbook used by one of the top coaching schools. I may not have bought it usually. ... and here's how to transform the ones that don't support the required result! . It's unusual because in college we were pressured to take some

form of psychology class and I don't remember that class actually helping me in existence.. It should have months. Rather than having Chapters 1 to 12, it will have Months 1 to 12. It's obvious that you need some qualification of education to become a professional life coach, but this book has no reference concerning how this is completed..it just switches into how to listen to your clients and what not. Where there's is certainly no ending. It had been definitely not a new book that I ordered - - extremely disappointed about this. The only reason why I have it two celebrities was because it looked like as if the author put considerable time and energy into this book and it's a great reserve for those who already are certified as a existence coach.. Four Stars Decent book.but again...HOW CAN YOU GET THERE?



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