<u>My Life Coach</u> Create Your Ideal Career ~ Become A Coach!

Becoming a Coach

Mini eCourse

from

Coach Michele of www.MyLifeCoach.com

Now with Bonus Day: A Secret about Coaching

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About This Course

What This Is:

- Information for those considering, or in the very early stages of, a coaching career
- A collection of tips, resources and exercises that *I* feel, as a successful coach, can be great places to start OR build a great foundation for your career
- ✓ Designed to help you figure out if a coaching career is for you
- ✓ Designed to introduce you to some coaching ideas
- ✓ Provided for your information only!

What This Is Not:

➤ Formal coach training (but I suggest how to get it!;)

Day 0 – Introduction to Coaching and this eCourse

Coaching can be an amazing, and challenging, career.

Here are some of the benefits:

- You get to positively influence people's lives in important ways each and every day
- ✓ Part of your job is to improve yourself
- ✓ It can draw on a variety of your talents
- There are unlimited opportunities for learning, development and advancement
- ✓ Empowerment...You choose:
 - How much to work
 - When to work
 - How much to charge
 - Who you want to work with
 - What types of work you would like to do (telephone coaching, talks, writing, seminars, etc.)
 - Where to live (your office is usually at home!)
- ✓ Part of your job is to have an amazing life
- You are on the leading edge of the technology of human development, happiness, achievement and success
- Your work will influence the world at large in ways you can only imagine right now

Here are some of the possible downsides:

- \checkmark It will, most likely, be up to you to create your own business
- \checkmark Not all coaches are able to do it full time
- You have to be in a continuous learning and growth process of "walking the talk" (if you think there is nothing you can learn about yourself or about life, stop reading now!)
- You may have to let go of some limitations you have held onto in the past
- ✓ You will need to discover if you have a knack for this (But really, the Certified Professional Coach course I tell you about in Day 1 empowers you with a virtually foolproof coaching system for you to get started with...I'm not sure how you could get it wrong!)
- \checkmark It can be tricky to figure out how to get started

But! That is where this course comes in!

I am going to assume that after reading the above, you still want to continue to explore.

I've been a full-time coach for over ten years. It is an AMAZING career.

I've worked with hundreds of clients, and I've mentored over a hundred new coaches. I know what it takes to become a coach. I intend to connect you to the most helpful and important resources and ideas that can get you started!

<u>Day 1</u>

Today: Coach Certification and Training

(Sneak Preview: Today I'm going to tell you how you can be a Certified Coach in less than *one week*. I'm not kidding. If you want to scoop me, click here: <u>http://budurl.com/FIAcertifiedcoach</u>. If you don't want to miss anything, keep reading...)

Welcome to the Becoming a Coach – mini eCourse from Coach Michele at My Life Coach. This course is meant to give you a quick start to taking action towards your dream of being a successful Life Coach, Career Coach, Business Coach, Executive Coach or Corporate Coach. By the end of this mini eCourse, if you take all the steps, you will have started creating the career of your dreams.

Now, even if you don't think you are prepared right at this moment to start taking action, perhaps because you feel you need to keep your current job position, or you are not sure if you can be a coach, I strongly encourage you to follow through in the actions suggested in this course.

I started taking actions long before it was time for me to get started...So then when I was ready, I was able to hit the ground running and had a successful coaching business with a full client load in no time. On the other hand, if you are really ready to get started, you better start doing things now!!! Also, being sure that this actually CAN be a wonderful career for you, really demonstrating that to yourself, is a great way to provide clean and powerful motivation.

Now, let's get down to the questions you all ask me the most...What certification do I need and how do I get coach training?!

In most places, there are no specific restrictions on calling yourself a coach and starting your own business. (Please check for sure in your area!)

There are voluntary certifications available, which are optional, but may help you build your confidence and reputation as a coach. The main ones are the ICF (International Coaching Federation: <u>www.coachfederation.org</u>) and the IAC (International Association of Coaches: <u>www.certifiedcoach.org</u>). The IAC is my preference of the above two, because it is based on how well you coach, nothing else. You know what, I have neither of these certifications, and I've never needed them!

There are also many other certifications offered, as part of the coach training you take. The most important reason to be certified is for you to have the confidence that you are ready to coach. Beware. Many of my coach mentees went through long and expensive coaching programs, only to find that *they didn't know how to coach* when they finished!

Most people are going to need coach training to learn just how coaching works and how to do it. Coaching is different than counseling, consulting, mentoring or friendship. You'll be surprised how easy it is, but you do need to know what it is!

There are a lot of coaching schools out there...It can be one of the most difficult choices to make as a coach. Coach training can cost up to ten thousand dollars or more, and take up to several years. Many coaching schools spend a lot of time teaching you about *yourself* and *people*, but may leave you confused on what to actually say as a coach.

But, there is a new coaching school on the scene that is busting through all the limiting beliefs about coaching training. This school focuses on what you really need to know to be a successful coach and delivers it to you quickly and powerfully with a highly-effective learning systems.

What if you could get trained in the foundations of coaching, get hands-on coaching experience, get a step-by-step coaching system that you can start using right away AND your Certified Professional Coach designation all in 20 hours of intensive training, from the comfort of your own home? And, for a reasonable price?! It's true! You can.

I know, I know...It's hard to believe. But, don't let limiting beliefs hold you back. I've been through the course. Several of my coaching mentees have been through this course, and are successfully starting their coaching businesses. This is quality training in high-level fundamentals AND practical coaching techniques. You can start working as a coach, and as a GREAT coach, after this course. Oh ya, one more amazing little detail, I've arranged to get you a discount not available to everyone! That's the full coach training, coach certification and a coaching system ready for you to use. Click here to learn about becoming a Certified Professional Coach, quickly and easily, on your schedule, and be equipped with a foolproof coaching system ready to use (be sure to use this link when you enroll to get your discount)...

http://budurl.com/FIAcertifiedcoach

Tomorrow: Creating the Environment of a Coach

<u>Day 2</u>

Today: Creating the Environment of a Coach

(Please Note: You may be tempted to think that today's challenge is not important, or that you don't really need to do anything. I encourage you to think twice about that! As a successful coach, I think this is more important than many people realize until they start making changes.)

Now, if you've taken action on Day 1, you should be taking your coach training soon. (If you need to catch up, go to <u>http://budurl.com/FIAcertifiedcoach</u>.) Today's challenge, you can do during your training, or before you start.

Part of the idea behind coaching is that when good surrounding conditions are in place, the person will grow, evolve and excel.

Part of being a coach is walking the talk. If you want your clients to be their greatest, you need to be (or striving towards the ideal of being) your best. Even if you are not coaching yet, there is no time like the present to start doing everything you can to get the best from yourself. It forms an important part of your "coach training". It will also help you make smart choices and have lots of energy moving forward as you create your successful coaching business. Create the environment of a coach around you, and you begin the process of becoming a coach! Ready to release your inner coach? :)

Do you have good surrounding conditions around you? These surrounding conditions, which we will call your environment, include your home, your home office, your friends, the equipment you use, and even your body and your mind. Even if you think they are pretty good, or even excellent...Could they be better? If you want to have a great and stimulating coaching business, believe me, your clients will challenge you to continue to grow yourself, and perfecting your environment is part of that process.

Even if you are not sure exactly what I am talking about with "your environment", these examples should help you get the picture.

- My bills are paid automatically
- The closets in my home are organized and not over-stuffed
- I spend time with people that evolve me, and help me be my best
- My home office is neat and organized
- All the equipment in my life is in great, fully-functioning condition
- My body is in top condition
- The way I talk to myself helps me be my best
- I honor myself by sharing my truth, even if it may be upsetting to me or others
- My emotional environment helps me be my best

Your challenge is to choose something from the list above or something similar, and start implementing it in your life...Today!

Tomorrow: Coaching Business Manual

<u>Day 3</u>

Today: Coaching Business Manual

When you've completed your coach training as recommended on Day 1, you'll be ready to get started coaching. Your training has given you the basics of how to create your business. But, for those that are serious about creating a successful coaching business, you may want more info on how to actually attract clients, set your fees, etc. I am recommending a coaching business manual created by a respected colleague of mine. It has answers to all of the questions you have about how to create a coaching business, including more about certification, how much to charge, and how to get clients...It also answers the questions you probably haven't even thought to ask yet!

I love working with this coach, he is a great and inspiring guy who "walks the talk" of living an amazing life, and provides super information for coaches to do the same. If you read the information and decide you don't want the manual just yet, please do yourself a favor and at least sign up for his fr^e newsletter for Coaches and those considering Coaching as a career (available at the link below).

Use this link to get three fr^e bonuses with your manual! :

http://budurl.com/coachbizmanual

Tomorrow: Visualize Your Business

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<u>Day 4</u>

Today: Visualize Your Business

It is *never* too early to start to visualize your business. It provides direction, energy and momentum towards what you are trying to create.

Today I suggest taking about 10 minutes to visualize what you would like your ideal coaching business to look like. By the way, don't get stuck on worrying if something is possible or not...In coaching, if you can imagine it, you can create it! Just use your imagination...It's all up to you!

Here are some questions to get you started (it is best to write your answers down.)

When running my ideal coaching business...

- What types of people would I love to work with? How would I help them?
- What type of schedule would I like to have? How would I be sure to keep myself healthy and happy at the same time?
- How much money would I love to be making? Would all of my income come from coaching, or would some be from other sources?

- How would my coaching business evolve? Would I like to get involved in TV, speaking or writing books one day? Is there anything else I would love to get involved in?
- How would my coaching business evolve me?

I encourage you to answer these questions and any others that will help you create an inspiring vision for your business!

Tomorrow: Discover Your Inner Coach

<u>Day 5</u>

Today: Discover Your Inner Coach

Today we will work on (play with) Discovering Your Inner Coach. What I mean by this is learning more about what you have to offer as a coach, and experiencing this coaching part of yourself.

I will pose several thought questions and experiments for you to work with:

- Have you ever been in a position of helping someone, or having empathy towards someone, where you felt really centered, very powerful, and in your own element? That was probably a coaching moment! You were getting the most from yourself and the other person, and good things were being created. Reflect on what those moments were like. How was the other person changed? How were you changed? Could you bring more "coaching moments" to yourself, in your own life? What would that look like?

- What are your passions and interests? What really moves you in life? What lights your fire? How might other people benefit from being exposed to these passions? How can you start bringing more of these passions into your own life, today?

- What have you noticed is special about you? What have people you admire people commented upon about you? How could these qualities be brought to your business? How could you begin to express even more of these qualities in your own life today? This could take much more than just one day to work on! In a way, this will start a process that will continue to unfold throughout your career.

Do you currently have the skills that are required to be a coach? Download the eReport - 20 Key Skills of a Life Coach here: www.mylifecoach.com/skills.htm

Tomorrow: Coaching Now

<u>Day 6</u>

Today: Coaching Now

Do you have to wait for your first clients to start coaching?...No! There are ways you can start coaching now.

Now, I am not talking about going around your neighborhood offering unsolicited advice!

What I am talking about is starting now to have a way of being around people, *including yourself*, that empowers people.

Here are some suggestions:

- ✓ The next time you encounter someone, ask yourself, what do I really appreciate about this person? Share it with them!
- Never speak to yourself or others in a way that is demeaning or negative. Find the positive in yourself and others at all times, while at the same time being *real*.
- Start working on the assumption now that all "problems" have a great solution.
- Start working on the assumption now that all "problems" contain an opportunity for growth and learning.

Frequently step back and look at the big picture in all situations.
What is *really* going on here?

If you start to implement the above in your life moving forward, you will be becoming, and learning how to be, a great coach.

Tomorrow: Action Summary

<u>Day 7</u>

Today: Action Summary

How exciting! You have reached the final day of this mini eCourse on Becoming a Coach. Congratulations!

Let's summarize the steps contained in this course:

Day 1: Coach Certification and Training

If you are serious about getting started with as little wasted time, energy and money as possible, this is the place to get training:

http://budurl.com/FIAcertifiedcoach

Day 2: Creating the Environment of a Coach

A biggie! I encourage you to continuously work towards creating a great environment around you that supports you in being your best, and will also support you in bringing your best to your clients!

Day 3: Coaching Business Manual

This manual will tell you all you need to know to start your coaching business...

http://budurl.com/coachbizmanual

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Day 4: Visualize Your Business

This can be a continuous process for you. Essential for your motivation. The difference between successful coaches and struggling coaches? Keeping yourself inspired.

Day 5: Discover Your Inner Coach

The more you can learn about yourself, and yourself as a coach, the more you will be able to bring to your clients.

Day 6: Coaching Now

You can start to learn how to "be" a coach right now. Start being a positive influence on yourself and others. Start approaching life in a positive way. You will be learning as you go!

Day 7: Action Summary

If you have skipped anything I encourage you to go back to it now!

I have given you tons to work on (play with) in this course. These are all things that I feel will give you a great start in the process of becoming a coach. If you feel that coaching could be an excellent direction for you, I encourage you to keep going forward! The world needs great coaches!

Tomorrow: Bonus Day 1

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Bonus Day 1

Today: A Secret about Coaching

As you know, I've been coaching for over 10 years now. I've learned a lot about what makes for successful coaching, and what makes a successful coach. They are closely related, of course!

I'm going to share with you a secret about coaching, that you probably won't hear at coaching school, at least said as bluntly as this:

To be a successful Coach, you must truly believe that anything is possible.

There are two reasons for this.

- a) Coaching is an amazing career. Almost beyond belief incredible.You have to believe that this is possible for you in order to achieve it.
- b) You need to effortlessly and authentically believe that anything is possible for your clients. They, at this very moment, lack that belief in some areas of their lives. You can help them recreate that belief in themselves, but only if you authentically believe!

If you truly believe you can live the incredible, powerful, helping, dreamcome-true life of a coach...There is no time like the present to make it happen! I've given you all the tools you need. Go forth in confidence.

Moving Forward

If you've got the manual (<u>http://budurl.com/coachbizmanual</u>), you know how to set up your business, and if you've taken the coach training (<u>http://budurl.com/FIAcertifiedcoach</u>), you are ready to start.

If you want to learn more about advanced coaching techniques and have tools for perfecting your life and your business, join my eCoaching! Learn about it here: <u>www.mylifecoach.com/ecoaching.htm</u>

Please participate in our My Life Coach blog, at <u>www.mylifecoach.com/blog</u>. It is a great way to get visibility in the coaching community and in front of potential clients. Start with making comments, and go from there. If you'd like to be a guest blogger, email me your article suggestion. <u>michele@mylifecoach.com</u>

If you have questions, or just want some support, join our Becoming a Coach Facebook community! I'll personally answer any question you post! www.facebook.com/MLC.become.a.coach