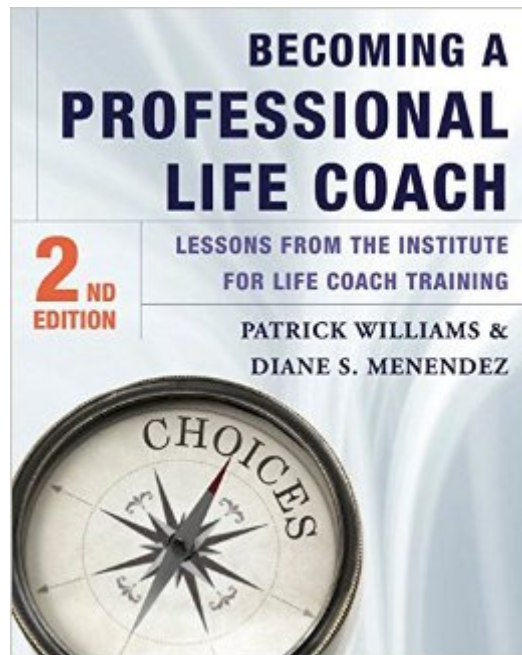


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# Becoming A Professional Life Coach: Lessons From The Institute Of Life Coach Training



## Synopsis

An updated version of the best-selling therapist-to-coach transition text. With his bestselling *Therapist As Life Coach*, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including:

- Listening to, versus listening for, versus listening with
- Establishing a client's focus
- Giving honest feedback and observation
- Formulating first coaching conversations
- Asking powerful, eliciting questions
- Understanding human developmental issues
- Reframing a client's perspective
- Enacting change with clients
- Helping clients to identify and fulfill core values, and much, much more.

All the major skillsets for empowering and stretching clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

## Book Information

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## Customer Reviews

I highly recommend "Becoming a Professional Life Coach" for both new and experienced coaches, and for anyone interested in learning the "coach approach" in their lives, business and communities. Today coaching skills are an invaluable resource, both in the workplace and for personal fulfillment, yet there are still millions that don't even know what coaching is or how to become one. Pat and Diane deliver an easy to read, comprehensive guide offering history, theory and practical application of the most potent skills used by professional life coaches worldwide. This book addresses a great need in the marketplace. As a veteran coach, it was refreshing to expand my own depth of knowledge on skills I've been using for years. They describe the skills, and when and how to use the skill most effectively. I also love how they included the developmental stages of consciousness, which help people recognize how ready someone is to change, and the best way to support someone to the next stage. They've also included sections on identifying life purpose, creating fulfillment and working on practical issues like money. The case studies integrate real-life examples to demonstrate how a skill or process is put into action. Since Patrick Williams is the founder of his own coaching school, I expected a cookie cutter curriculum from his own school's teachings. However, I was pleasantly surprised at how thoroughly they integrated and referenced the best disciplines from a variety of coaching schools, as well as useful and distinguished models from the field of psychology. It is no wonder that Patrick Williams is known as "The Ambassador for Life Coaching."

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