

3.9 Coaching

Engage a coach to support you in reaching important goals.

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Coaching differs from therapy. Whereas the role of a therapist is to help you untangle your emotional challenges, find peace, and become happier, a coach has a more focused role—to guide and support you in a specific area of life. A business coach will guide you in the creation and growth of a successful career, for example, while a personal trainer (a type of coach) will push you toward your physical goals.

You can find coaches who specialize in almost anything. When you want to improve an aspect of your life, a coach may be a more appropriate choice than a therapist. Rather than exploring your emotional responses, a coach will concentrate on improving your skills and mindset and supporting you to become the person you want to be.

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- Engaging a coach can help you make progress with specific projects or goals.
- Knowing someone has your back boosts your motivation and speeds up your development.

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- Coaching is much more loosely regulated than therapy. Although there are some certifications, anyone can call themselves a coach, which can make it hard to know who offers a high-quality service.
- If it's hard to pinpoint your exact goals, coaching may not be effective.

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First, determine what you're seeking help with. A good therapist will help you unravel the most complex emotional blocks, even if you don't understand them yourself, but that's not really the job of a coach. While your coach should address issues that are holding you back, they are there to help you set and reach goals of your choosing. So, you'll need to identify those goals before you hire them or home in on them in the first few sessions.

Do you need a career coach to win a promotion or find a new position? A financial coach who will assist you in managing your finances more effectively? Maybe you want to learn a musical instrument, improve your acting skills, or become a better singer. There are coaches who can support you in all of these areas.

Just like finding the right therapist, choosing a coach is a matter of research and resonance. Do they have the skills you need, and do you feel comfortable putting yourself in their hands? The field is even broader than the therapeutic field, and not every coach is qualified. There are no mandatory certifications for calling oneself a coach. To determine whether a coach is reputable, you may want to perform your due diligence by researching their reputation online and perhaps asking to speak to current or previous clients for references.

Once you get into a coaching relationship, commit to getting as much as possible out of it—after all, you’re paying for your coach’s time and expertise. If they give you homework, try and complete it to the best of your ability. If you’re struggling or if you don’t understand the relevance of something your coach asks you to do, be open with them. This will help them help you. To assess your progress and ensure you’re on track, it’s a good idea to track and review your goals on a regular basis and possibly adapt them as needed.
