

Life Coaching Can Enrich Your Life



By Christel Libiot, Life Coach

What if you had support in every aspect of your life? What if you had a cheerleader to applaud you for every accomplishment in your life? What if you had a non-judgmental ear to talk to whenever you are facing a challenge? What if you had an ongoing partnership that would produce fulfilling results in your personal and professional life? What if you had a coach who would help you make the right choices in your life?

The reasons that individuals choose coaching are varied. For instance, for those who are facing cancer or a chronic illness,

coaching can offer additional help and support to improve the quality of life. For those who are struggling with time management, family and work issues, coaching can help establish priorities. And for those whose life is stable and going in the right direction, coaching can show how to strategize to move closer to your goals and dreams.

Here are just a few more things a life coach can help you do

- Reclaim the life you want for yourself
- Create goals, both long-term and short-term
- Help you organize your home, office and life
- Identify and make the right choices for yourself
- Face obstacles as they arise so your success continues
- Effectively work through challenges that come with an illness

If you are facing cancer or a chronic illness (such as fibromyalgia, diabetes, chronic Lyme disease or chronic fatigue syndrome), coaching can be especially beneficial. When suddenly faced with an

unexpected diagnosis, it is not unusual to become overwhelmed with issues such as best treatment options, as well as countless choices like family concerns and quality of life. It also means having many other challenges, sometimes more difficult than the medical ones. Many cancer survivors or patients of a chronic illness have found ways to manage their illness while improving the quality of their lives with the support of a coach.

Coaches are trained to listen, to be present and to customize their approach to their clients' needs. The client and coach will establish the coaching relationship that will work for them. A coach will then provide you with the support you need in the area of your life you choose, while holding you accountable in order to motivate you to move forward in your life. Accountability is judgment-free and a coach holds everything in confidentiality.

A life coach can help you reevaluate and reclaim your life, look at new priorities and support you in achieving your goals and dreams—give yourself the gift of life coaching.