

Working with a Life Coach

According to a recent International Coach Federation (ICF) study, there are many benefits to working with an experienced, professional Life Coach.

ROLE OF COACH

Clients, who could select as many choices as were applicable, characterized the role of their coach as the following:

- ❖ Sounding board 84%
- ❖ Motivator 78.1%
- ❖ Friend 56.7%
- ❖ Mentor 50.5%
- ❖ Business consultant 46.7%
- ❖ Teacher 41 %
- ❖ Taskmaster 30.5%
- ❖ Spiritual Guide 29.5%
- ❖ Other 13.3%

COACHING ISSUES

Clients, who could select as many choices as were applicable, said they work with their coach on these issues:

- ❖ Time management 80.5%
- ❖ Career 74.3%
- ❖ Business 73.8%
- ❖ Relationships / family 58.6%
- ❖ Physical / Wellness 51.9%
- ❖ Spiritual 51%
- ❖ Personal 45.2%
- ❖ Goal Setting 39.5%

❖ Financial 38.1%

❖ Creativity 11%

❖ Other 1.4%

RESULTS OF WORKING WITH A COACH

Higher levels of self awareness and better goal setting along with balance and less stress ranked high in the ICF Study. Clients reported the following outcomes:

❖ Self Awareness 67.6%

❖ Setting better goals 62.4%

❖ More balanced life 60.5%

❖ Lower stress levels 57.1%

❖ Self discovery 52.9%

❖ Self confidence 52.4%

❖ Improvement in quality of life 43.3%

❖ Enhanced communication skills 39.5%

❖ Project completion 35.7%

❖ Health and fitness improvement 33.8%

❖ Better relationship with boss / co-workers 33/3%

❖ Better family relationships 33.3%

❖ Increased energy 31.9%

❖ More fun 31.9%

❖ More income 25.7%

❖ Stopped a bad habit 25.7%

❖ Change in career 24.3%

❖ More free time 22.9%

❖ Increased profitability of business 17.1%

- ❖ Other 15.3%
- ❖ Started new business 12.9%
- ❖ Empowered employees 11%
- ❖ Business turn around 9%
- ❖ Change in residential location 5.7%

VALUE OF THE COACHING INVESTMENT

98.5% of the coaching clients involved in the study said their investment was well worth the money. 70% of the clients said that their investment was very valuable.

Another viewpoint by:



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