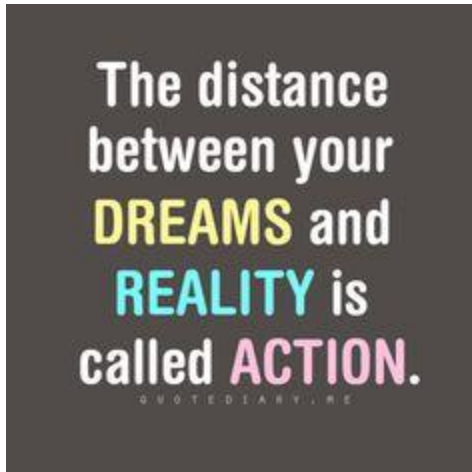




*<https://www.pinterest.com/cbenson4040/life-coaching/>

Early interventions can produce a long-lasting effect for school-age children throughout their lives to maintain a balanced lifestyle (Hart et al., 2001). Potential benefits involve better self-esteem, career choices, and resistance to peer pressure. Recent studies provide real evidence on the vital aspects leading coaching participants to improve their hope, life satisfaction, personal goal attainment, positive psychological health, and wellbeing. The quality-of-life measurements note significant progress in cognitive behavior for individuals who gave high scores on the career decision-making, considering new challenges, and being open to life changes before the intervention. Future research could impact the life-coaching practice to promote individual and societal level techniques to investigate mental health by building resilience, buffering against mental illness, and increasing wellbeing. Life

coaching programs can provide a solution-focused evidence-based group intervention for both, the adults and older aged children (Hart et al., 2001).

Potential Benefits of the Life Coaching Program:

- Self-Acceptance
- Positive Relations with Others
- Autonomy
- Environmental Mastery
- Purpose in Life
- Personal Growth

Additional Information

- Check out the website listing under each image to inquiry more about the life coaching practice.

References

- Hart, V., Blattner, J., & Leipsic, S. (2001). Coaching versus therapy: a perspective. *Consulting Psychology Journal: Practice and Research*, 53(4).
- Cavanagh, M., Kemp, T., & Grant, A. (Eds.). (2005). *Evidence-based coaching, Volume 1: theory, research and practice from the behavioural sciences*. Australian Academic Press.

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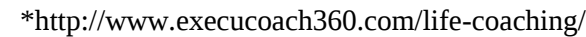


*<https://www.noomii.com/life-coaching>

Life coaching provides a way for clients to examine their life with a coach to evaluate issues that may involve the development of a new career direction, work/life balance, or perhaps information to manage finances and personal affairs (Cavanagh, Kemp, & Grant, 2005). Clients will be able to consider the knowledge that their coaches may offer to enhance both theory and practice for their professional frameworks, such as business consultation, management, education, workplace training, as well as learning and development. Life coaches may be well-trained to support the field of clinical, counseling, organizational, or sports psychology to improve the disciplinary performance and well-being of individuals to validate evidence necessary to accomplish peer-reviewed empirical research. Life coaching will open your mind far beyond the popularity of individual coaching to personalize the discovery of content unique to your self-worth (Cavanagh & Kemp et al., 2005).

The difference between life coaching and therapy in its goals involve pertinent issues that coaches and mental health practitioners face to determine the boundaries between the normal range of human functioning and psychopathology, as well as their decisions to work with clients who have significant mental-health disorders (Hart, Blattner, & Leipsic, 2001). Life coaching provides moral support for nonclinical populations outside the workplace, whereas the goals of therapy are to address the needs of people who are suffering from diagnosable clinical disorders, such as depression and anxiety. Individuals who want to establish a professional life coaching practice must have sufficient knowledge in the

“Life Begins at the edge of your comfort zone.” Unknown



1. How long has the client been experiencing this distress or dysfunction?
2. How extreme are the behaviors or responses of the client?
3. How pervasive are the distresses and patterns of dysfunctional behavior?
4. How defensive is the person?
5. How resistant to change are the dysfunctional patterns of behavior, thinking or emotions?



A life coach might use the dimensional assessment to decide if the difficulties that a client faces warrants a specialist intervention (Hart et al., 2001). The dimensional value will support the identification of common mental disorders for the life coach to develop an informed judgment using personal experiences, abilities, and skills to suit the client's need for coaching. People diagnosed with a personality or mood disorder might find it hard to interpret or interact with the external world. Life coaching could help the client change a particular pattern of behavior, or minimize real challenges within an organizational or work setting to support a more psychologically sophisticated understanding of their personality (Hart et al., 2001).