

Working with a Life Coach

There are many benefits to working with an experienced, professional Life Coach. An International Coach Federation study reported the following:

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%

- Fetter 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.