

IS COACHING ONLY FOR PROBLEM FOLK? NOPE!

Article

WHAT A COACH CAN DO?

A life coach overhauls unproductive belief systems, renews a sense of purpose and inspires action instead of dwelling in convenient negativities.



AN ARTICLE ON WHY EVERYONE NEEDS A GOOD COACH AND HOW STORIES CAN CHANGE YOUR LIFE

Consider John.

He gets good grades, is popular, makes it to a prestigious college and lands a good job where he moves up the ladder quickly. Expectations increase. He works harder. Soon, he reaches middle management. He is married, with two kids. He owns a house. Things look good. But something is wrong. It unfurls only later.

John realizes his dreams are starting to malfunction. He wanted to be a director at 35. He is 34 and still only a manager. He compares himself to his peers from school that are doing far better. The failure to meet expectations starts to rankle. He asks, 'What is wrong? I was the bright kid.'

Should he quit? Should he change locations? Should he start something of his own?

This is not the story of a loser. This is the story of countless men and women who are 'doing well' until they hit their thirties and suddenly find it hard to believe where they wound up. They expected more from themselves. Where do they go from here?

99% of this set believes another job or city will change their life. But changing the scenery yields short-term results. What needs to change is the interior scenery.

*What these people need is to reboot their minds
with a life coach*

A life coach overhauls unproductive belief systems, renews a sense of purpose and inspires action instead of dwelling in convenient negativities.



Contact Us

Chapter Two Coaching

Bangalore - 560066

Ph: +91 98867 72639

Mail:

sandhya@chaptertwocoaching.com

www.chaptertwocoaching.com



But the word 'coach' makes people balk. Enlisting a coach seems to be a sign of weakness. Actually, it's a sign of strength. The most successful people in the world use coaches regularly. Here are some common myths I've encountered during coaching.

Myth #1: '*Coaching is for problem folk.*' No, coaching is for opportunity folk.

Myth #2: '*Coaching is the last resort.*' Coaching is ideally step #1.

Myth #3: '*Successful people don't need coaches.*' Actually, successful people value coaches.

Myth #4: '*Coaching rehashes problems.*' No, coaching clarifies problems.

Myth #5: '*Coaching is time consuming.*' On the contrary, coaching is time well spent.

People tend to waste months in quiet frustration. When they deploy a coach, they realize they should have done it sooner.

This is because a good coach quickly puts you into a **positive mindset** that dwells in possibility and forces you to take **action**. As a result, you can:

- Get clarity on the true nature of your problem
- Understand the negative stories in your head that stand in your way
- Replace them with positive stories
- Set relevant, inspiring goals
- Make a plan to achieve your goals
- Review progress
- Improve relationships
- Bring focus; eliminate 'mental flab'
- Be more in control of your well-being

Ultimately, a coach enables you to take *accountability* for your life. I personally believe the cornerstone of this change is tackling the story in people's heads. That story is the only thing standing in between us and our happiness. We *become* that story. That's why it's important to rewrite it from time to time.

Discover, Transform and Lead with Chapter Two Coaching.