



Welcome to Coach School – Introduction To Coaching

Welcome to Coach School! Over the next 12 modules you are going to learn everything you need to become a masterful coach. At each stage you will enjoy a training module as well as a number of reflective exercises to help consolidate your learning. The beauty of the exercises is that you can use them with your clients as well.

In this module we discuss the definition of coaching in the context of Life Coaching and look at the history of the profession. You will also begin to examine your vision for your coaching business.

- 1 Download and read PDF
- 2 Complete your Vision Board
- 3 Complete your Wheel of Life
- 4 Write your Future Letter
- 5 Uncover Your Life Purpose
- 6 Awaken Your Calling
- 7 Ignite the Spark
- 8 Examine Your Values

Your Module Progress:

0%



Got thoughts, ideas or a question for Office Hours? Jot it down here...

[Click here to enter your note](#)

Vision Board

Using an A3 piece of paper write the date 7 years from today. Take some time to find some pictures of images or words that you would like to represent your life 7 years from today. We will take a holistic approach to this vision so be sure to include something that includes all aspects of your life. If you are artistically inclined you may want to draw some pictures. However you choose to do this, make sure it is significant and means something at a heart level to you. Alternatively, feel free to construct this on your computer with images you have found. Be sure to include words, feelings and images. State any words in present moment e.g 'I am well', 'Money flows effortlessly', etc.

Wheel of Life

Directions: The 8 sections in the Wheel of Life represent balance.

Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?

Example:

Wheel of Life Exercise

Pick three areas from your Wheel of Life that you would like to make changes in. Follow the 5 steps to explore them.

Step One: What is the issue in this area?

Step Two: What is missing in this area?

Step Three: What would you like to change?

Step Four: What is preventing this from happening?

Step Five: What is your goal in this area? (Try turning your answer from step two into a positive statement.)

Area One.

[Click here to enter your response addressing each of the 5 steps above](#)

Area Two:

[Click here to enter your response addressing each of the 5 steps above](#)

Area Three:

[Click here to enter your response addressing each of the 5 steps above](#)

Future Letter

Write a letter to yourself from your future self. By writing a letter from your future self, you can help yourself to tap into the issues and achievements that are important to you. It can help you to work out what your values are and where you want to be. Writing a letter from your future self will help you intentionally create the vision you desire. Choose a date some months or even years ahead, an anniversary, or a birthday or even a special day such as Christmas day. Imagine you are reflecting on how things have turned out, write yourself a letter telling yourself about the progress of your life. Try to imagine how your life would feel if you were successful and fulfilled.

[Click here to write your future letter](#)

Uncover your Life Purpose

Another powerful exercise to help your vision flourish is to uncover your life purpose and centre your vision on this. Our life purpose is like our compass in which we can direct and guide our life in.

Use the exercise below to discover your life purpose:

What are some unique skills that people complement you on?

[Click here to enter your response](#)

What do you naturally enjoy doing daily?

[Click here to enter your response](#)

What activities come easily and effortlessly to you?

[Click here to enter your response](#)

If you had all the money in the world what would you be doing? This doesn't mean what would you do with the money, it means what would you be doing with your time?

[Click here to enter your response](#)

In what way can you see yourself passionately and authentically serving others to make the world a better world? What does this world look like? What does it feel like?

[Click here to enter your response](#)

What do you think your special skills, abilities, talents that can contribute to your vision?

[Click here to enter your response](#)

Combine your skills, abilities, and talents with how they can best serve others in creating a better world.

[Click here to enter your response](#)

Spend thirty minutes reflecting on the answers to the questions that you have given. Close your eyes, put your hand on your heart and breathe. Open your eyes and in one sentence, write your life purpose statement.

My life purpose is... (PLACE YOUR UNIQUE SKILLS, ABILITIES, ATTRIBUTES,

HERE)

Click here to enter your response

(PLACE WHAT YOU ARE USING THESE SKILLS FOR HERE)

Click here to enter your response

(PLACE THE RESULT OF USING THE SKILLS FOR THE PURPOSE HERE).

Click here to enter your response

Example: My life purpose is to creatively, compassionately and enthusiastically collaborate and teach others to develop and strengthen their personal potential in a loving and peaceful manner.

Why live on purpose? To live on purpose means that everything you do reflects back to the your unique purpose. By aligning yourself to what is true for you, you can focus on what matters most and live a fulfilling and abundant life for you.

Awakening to your Calling

1. My definition of life coaching is:

Click here to enter your response

2. Take a moment now to think about your own life. Imagine you were looking at employing a life coach what would your hopes and expectations of the life coach be?

Click here to enter your response

3. Think about the different aspects of your life. Write down a list of 3 areas that you feel could be improved or changed. Then write down how you

would like to see these changed.

[Click here to enter your response](#)

4. Think about the different aspects of your life where you feel most fulfilled. Write how you achieved fulfillment in these areas.

[Click here to enter your response](#)

Igniting the Spark

1. Discuss what brought you to life coaching. What is your personal story?

[Click here to enter your response](#)

2. Discuss five personal qualities that you feel would be a requirement of an effective life coach.

[Click here to enter your response](#)

3. List your major strengths that you bring to the coaching relationship as a professional coach. To assist you, you might want to ask your closest friends or family. Or you may wish to read the excellent book by Marcus Buckingham "Now, Discover your strengths."

[Click here to enter your response](#)

Values Stimulation

1. Identify 4 people that have shaped your life in a significant way and how they did this:

[Click here to enter your response](#)

2. Please describe in your own words what values are and how they developed in our personal lives.

[Click here to enter your response](#)

3. Think back to two past decisions or choices you have made, how did your values show up? (Or not show up?)

[Click here to enter your response](#)

4. As a coach it is important for us to know what we value. Below is an exercise that will help you better understand what you feel is important to you. Look at the list below and highlight 6 values that are most important to you. If your values are not on the list, please add them and highlight them. Using these 6 words, construct one or two sentences on how you live your life in accordance with your values. Explain why these values are important to you.

Zest

Independence

Appreciation

Peace

Empowerment

Romance

Love

Harmony

Lightness

Growth

Success

Happiness

Education

Spirituality

Nourishment

Risk Taking
Collaboration
Faith
Purity
Fun
Expression
Laughter
Service
Acceptance
Participation
Status
Beauty
Compassion
Humanity
Tranquility
Integrity

[Click here to enter your 6 values](#)

5. Using the above information, which area would you consider to be of your highest value, explain why?

[Click here to enter your response](#)

6. How do your values show up in your life? Example, if you value education, it is likely you will be engaged in study regularly?

[Click here to enter your response](#)

7. Take a moment to reflect on the exercises that you have just completed.

[Click here to enter your response](#)

8. Please list any discoveries you have had about yourself, after

completing the exercise.

[Click here to enter your response](#)