

1. What is a Life Coach?

Definition and Scope

- **Definition:** Life coaching is a collaborative process where a coach partners with clients to identify goals, create strategies, and foster accountability. It is not clinical or diagnostic.
- **Scope:**
 - Personal growth (confidence, relationships, wellness)
 - Professional development (career transitions, leadership, productivity)
 - Lifestyle changes (work-life balance, financial habits, health goals)
- Life coaching is **forward-looking**, focusing on where the client wants to go rather than where they've been.

Differences from Therapy, Mentoring, and Consulting

Approach	Focus	Role of Practitioner	Typical Outcome
Life Coaching	Future goals, clarity, action	Facilitator & motivator	Personal/professional growth, accountability
Therapy	Healing past trauma, mental health	Licensed clinician	Emotional healing, coping strategies
Mentoring	Sharing personal experience	Advisor/role model	Guidance, networking, skill development
Consulting	Solving problems with expertise	Subject-matter expert	Specific solutions, recommendations

Life coaching differs because it **does not diagnose or treat mental health conditions**, nor does it provide direct solutions. Instead, it empowers clients to discover their own strategies.

Common Myths and Misconceptions

- **Myth 1: Life coaching is therapy.** Reality: Therapy addresses mental health and past trauma; coaching is future-focused.
- **Myth 2: Coaches give advice or tell clients what to do.** Reality: Coaches facilitate self-discovery; clients generate their own solutions.
- **Myth 3: Coaching is a quick fix.** Reality: Coaching requires commitment, reflection, and consistent action.
- **Myth 4: Anyone can be a coach without training.** Reality: While the industry has low entry barriers, effective coaches pursue certifications and ethical standards.
- **Myth 5: Coaching is only for career changes.** Reality: Coaching spans relationships, health, finances, and overall life satisfaction.

 **Key Takeaway:** Life coaching is about **unlocking potential and creating actionable pathways forward**. It complements—but does not replace—therapy, mentoring, or consulting.