

2. The Role of a Life Coach

Holding Space, Asking Powerful Questions, Fostering Accountability

- **Holding Space:** A life coach provides a nonjudgmental, supportive environment where clients feel heard and respected. This allows clients to explore challenges and aspirations openly.
- **Powerful Questions:** Coaches use thought-provoking questions to help clients uncover limiting beliefs, clarify values, and generate their own solutions rather than being told what to do.
- **Accountability:** Accountability is central to coaching. Coaches help clients set realistic goals, track progress, and stay committed to action without shame or judgment.

Ethics and Boundaries

- **Confidentiality:** Coaches must protect client information and clearly communicate privacy policies.
- **Professional Boundaries:** Boundaries define what is appropriate in the coaching relationship—such as session length, communication limits, and avoiding dual relationships.
- **Ethical Standards:** Codes of ethics emphasize honesty, professionalism, and prioritizing the client's needs. Coaches must avoid conflicts of interest and refrain from making promises they cannot deliver.
- **Limitations:** Coaches are not therapists. They must avoid diagnosing or treating mental health conditions and refer clients to licensed professionals when necessary.

Coaching vs Advising

Coaching

Facilitates self-discovery through questions and reflection

Focuses on client-generated goals and accountability

Empowers clients to find their own strategies

Future-oriented, action-driven

Advising

Provides direct guidance, recommendations, or expert solutions

Focuses on giving answers based on expertise

Tells clients what to do or suggests specific paths

Often problem-solving or informational

Key Difference: Coaching is about *empowerment and self-discovery*, while advising is about *direction and expertise*.

 **Takeaway:** A life coach holds space for growth, asks powerful questions, and fosters accountability within clear ethical boundaries. Unlike advisors, coaches don't prescribe solutions—they empower clients to discover their own.