

# WHAT IS COACHING AND WHEN YOU SHOULD CONSIDER VISITING A COACH?



A short guide for you!

- ✓ What coaching is about?
- ✓ How do you choose the coach best suitable to you?
- ✓ What problems can your coach help you to solve?

## What is coaching?

Coaches help people identify their goals and the obstacles they are facing. Coaching involves guidance and support but also enables people to do more than they might on their own. Coaching is unlocking a persons' potential to maximize their own performance. You get a guideline to apply the learnings from your coaching in real-life. You will learn to take responsibility for your development, actions, and success during the coaching process and life in general. Coaching can help you better understand your issues, become more aware of your perceptions, beliefs, habits, attitudes, behaviors, competencies, values and your identity.

## What is the difference between coaching and therapy?

Coaches work solution-oriented and focus more on the presence and future of their clients rather than on the past, helping them to achieve their most ambitious goals. Whereas therapists look into emotional resolutions to past problems in order to move forward. The main goal of therapists is to help their clients heal from trauma or negative experience. In this way, if you have a mental health diagnosis (such as depression), it might be best for you to see a therapist.

## In what areas of your life can your coach help you?

### Romantic Relationship



- Repair broken relationship
- Find and establish a new relationship

### Family



- Better understand your kids
- Support them in growing to strong and successful personalities
- Solve conflicts

### Career



- Overcome professional stagnation
- Find ways to grow professionally
- Find a fulfilling profession

### Fitness



- Lose weight
- Establish healthy nutrition habits
- Exercise regularly

### Breaking bad habits



- Stop smoking
- Stop overeating
- Stop negative thoughts

### Overcoming psychological barriers



- Get rid of your fear to fail in exams, job interviews, public speaking, etc.
- Learn self-confidence, self-respect, and self-love

## How you choose the right coach?

Make sure the coach has education, experience and coach certification.

Find a coach that you really like and whom you can trust.

## What is the usual price for coaching?

The price for coaching differs between € 70.00 and € 600.00 and more per hour.

Single consultations are more expensive.

Packages and group trainings are cheaper.

## Money Tip

If you really like the coach you have found, but his or her fee is not affordable for you, ask him or her for a price reduction. For many coaches, it is important to work with clients who are on the same wavelength with them. So, they would reduce the price, if they feel this kind of compatibility.