

Do You Need a Personal Coach?

By Debi Silber, MS, RD, WHC The Mojo Coach®

Do any of these ideas sound familiar? You find that your lifestyle is overwhelming leading to stress, anxiety and a nagging sense of unease. You wonder if over committing with sports teams, clubs and after school events are causing your family to feel anxiety, strain and fatigue.

Maybe you can't find the time in your day to shop, prepare or cook healthy meals. Your hectic day causes you to make poor food choices leaving you and your family to take in more fast food, junk food and do more "dashboard dining" than you'd like.

You see that you haven't exercised in days, weeks, maybe months or more. You'd like to find the time, energy and motivation to work out, but haven't found the right program, equipment, gym or incentive to keep you enthusiastic and on track long enough to enjoy results.

Maybe you're tired of feeling unsatisfied and uninspired. You feel like you're barely able to get through your day, let alone pursue something that would bring you greater joy, passion and purpose. You want to begin a new hobby, career, role or endeavor, but you're unsure where to begin.

If this sounds familiar, you're not alone. Many parents today find they're overwhelmed with all of the chores, responsibilities, tasks and obligations placed upon them. Instead of living rich, vibrant lives many find they're just struggling to get through the day. At some point, they often realize that their lifestyles simply don't work. Whether they're looking for a more effective system, healthier routine or just a better way reach their goals, many seek the ideas, focus and direction of a niche/goal specific coach who is often no more than a visit, phone call or mouse click away.

Is a coach right for you?

Working with a coach is often a great idea if you'd like to make changes within your life but are unsure where or how to begin. With *your* best interest in mind, the right coach will gently push you to challenge yourself, leave your comfort zone and encourage you to explore opportunities you may not have considered. Your coach can provide insight as to how to overcome obstacles you encounter as they present themselves. A coach will also keep you accountable, checking in on you to make sure you're motivated and on track.

The right coach is creative, non judgmental and respects your need for confidentiality. They will

enable you to feel respected, heard and valued by carefully listening and truly understanding your needs; working with *your* unique personality, qualities and characteristics. In addition, the right coach is organized and goal oriented so they can create the perfect strategy for you to progress slowly and steadily.

When finding your coach, you may want to interview a few coaches in order to find the perfect “fit.” When you *both* feel a mutual rapport, respect and appreciation for one another you’ll achieve better results, faster and more effectively than if you’d settled for a coach you simply don’t connect with.

How much, how often and how do you find the best coach for your needs?

Once you determine your needs, research niche specific coaches. For example, if lifestyle changes are in order, seek out a coach who specializes in the lifestyle changes you wish to make. Ask for references, read testimonials and reviews. Speak to your perspective coach for a few minutes to see if you like their particular working and speaking style. If seeing your coach in person is important to you, seek out a local coach. If location isn’t an issue, tele-coaching is a popular option where you speak with your coach by phone at a regularly scheduled day and time. Email coaching is also an option if you’re looking for more flexibility.

Typically, you can expect weekly meetings with your coach with monthly payments made in advance. While some coaches work on a monthly basis however, others require a three to six month commitment or more so it’s important to make sure you know exactly what’s involved before you begin. Coaching fees vary depending on whether you’re seeing your coach in person or by phone, the length of appointment time, the demand within the area and the expertise of your particular coach.

So many factors go into finding a coach who will help you bring your ideas to their fullest potential. While your dreams may have been neglected due to fear, self doubt or a lack of strategic planning, the right coach is eager to show you how *everything* you want can be achieved though consistent, steady steps in the right direction.

Note

If you prefer, you can always be your own coach. If you go this route you first may want to ask yourself what it is you’re looking to achieve. Are you searching for more rewarding relationships, better outlets for your stress control, a more satisfying career, a way to end your battle with clutter or procrastination? Once you’ve discovered what you want to accomplish, think about how you can learn these new skills or characteristics. Can you take classes, read books or surround yourself with

people who've achieved these goals? Can you find a mentor, teacher or someone who's travelled the road you're looking to travel? These people are especially helpful because they've worked through many of the bumps you'd encounter, which can drastically reduce your learning curve.

An Action Plan

Once you've discovered your goal, identified the means to achieve it (people, books, classes, etc.) the next step is creating your action plan. This is simply the step-by-step practical blueprint of how to take your idea and turn it into a finished product, goal, routine or system. Often it's helpful to "begin with the end in mind." Here's where you identify the end result and note all of the necessary steps to get there. Then, break it down into manageable chunks.

You may want to use a timeline where "mini-goals" are spread out over the course of days, weeks or months. This reduces the feeling of being overwhelmed, making your goal seem more manageable and attainable. As each mini goal on your timeline is achieved, it's important to reward your success. Just as a coach would be your cheering squad, it's important to acknowledge each step as you get closer to your final goal.

Whether you work with a coach or not is a personal decision. Whatever you decide, what's most important is determining what would make your life rewarding, fulfilling, satisfying and enriching. Then, simply take daily steps towards living the life you crave.



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