



## **How Coaching Can Contribute To The Well Being Of a Person.**

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Well being of an individual involves many different levels. Life Coaching has been shown to be an effective tool to make a significant contribution on a number of levels to the well being of a person. We shall examine some of the areas below:-

- Emotional
- Physical
- Organisational
- Career
- Purpose
- Relational

### **Emotional**

Our emotions govern so much of our life. Emotions can be so closely linked to our circumstances. If we are not happy in for example our job or family life, negative emotions can dominate. Coaching can address those circumstances so we are not driven by our emotions. Sometimes our self limiting beliefs can hold us back achieving great things and this can then lead to emotions that are self destructive.

Coaching seeks to address these self- limiting beliefs or underlying automatic commitments which can dominate our thinking. These are often developed in our childhood and affect how we see the world.

### **Physical**

Our physical life is a major factor in our happiness. How we are health wise such as weight, fitness, health and rest are factors, which a life coach can look at with you and develop new goals, which can contribute to our well-being.

Often we have the best of intentions but let these areas slip without the support of a life coach to keep us motivated, accountable and challenged. Sometimes we set unrealistic goals, which can lead to disappointment. A life coach helps you ensure the goals are attainable and specific so that you can measure how you are doing.

## Organizational

How we organize our life is often a crucial aspect of whether we succeed or not. If we are disorganized we do not know how to prioritise or distinguish the important from the urgent. This can significantly affect our productivity. A life coach can help you prioritise and reduce the clutter in your life, allowing you to be free to focus on your goal and have the organization to support you on this journey.

## Career

How happy we are in our jobs is often the major cause of our happiness as we spend so much time at work. Many accept a job, which is not where their skills are best used or is in a culture, which suits their personality. Many settle for less. A life coach can help look at your values and narrow down the sort of career and employer that is aligned with those values bringing purpose and meaning to our work.

## Purpose

Our Life Purpose is an overarching theme for our lives. Purpose is so important in keeping a strong passion for life. Alignment of our values is the first stage in finding our purpose. When we know our values we can determine how we spend our time. This may be in areas other than a job such as family, community, adventure etc. A life coach is equipped to help clarify this for you.

## Relational

Relationships are an integral part of everyone's lives, whether it be personal relationships or work related. Knowing how to work with others to achieve successful outcomes can often be the crux of our success and happiness in life. Skills such as influencing, communication and rapport building can be looked at in a coaching session producing dramatic results.

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