

# PERSONAL COACHING

Find Your Path



KJ THOMAS GROUP

COACHING-TRAINING-HYPNOTHERAPY-REIKI



# Why Personal Coaching?

Life coaching is designed to help you reach your full potential. Through engagements and powerful coaching, coaches help you set forth the steps to achieve your goals and the life you envision, despite obstacles.

Here are some of the many reasons why life coaching is beneficial :

- Gain clarity on your life
- Focus on your goals by curating action plans
- Free anxiety
- Make the most of your valuable time
- Create positive feelings by confiding in a coach
- Peace of mind
- Overcome fears
- Maximize your accomplishments
- Confidence boost by leading a self sufficient life
- Assume more responsibility in your life
- Having someone who stands by you during tough times
- Taking financial initiative
- Keeping your life balanced





# The GROW Model





# How Does Personal Coaching Help?

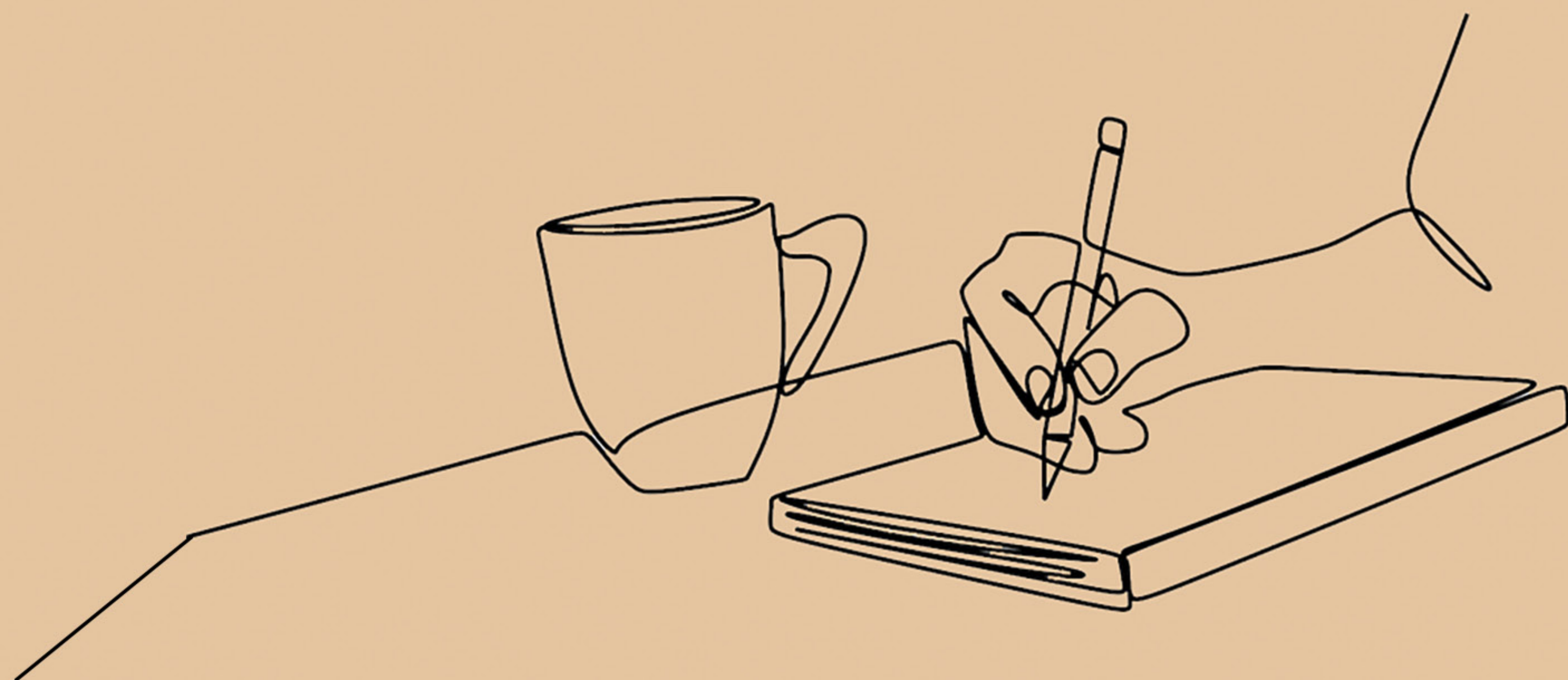
Depending on the client's needs, meetings can be once a week, every other week, or even once a month. Each one-on-one session lasts between 45 - 60 minutes.

## What to expect:

In the first couple sessions, you and your coach will go over what you hope to achieve. If you are not clear on your goals, that is okay. Personal coaches are trained to listen to what you are saying as well as what you are not saying!

You may be asked to complete assessments such as questionnaires to identify your strengths, values, and interests. Through these assessments and talks, you will find more clarity on your goals.

After this, you will be assisted in creating a personalized plan to close the gap between your current state and your desired state. By having someone hold you accountable for your own goals is a valuable component of the process. Commitment, accountability, and follow-through are some of the main reasons why working with a coach is so successful in achieving your goals.

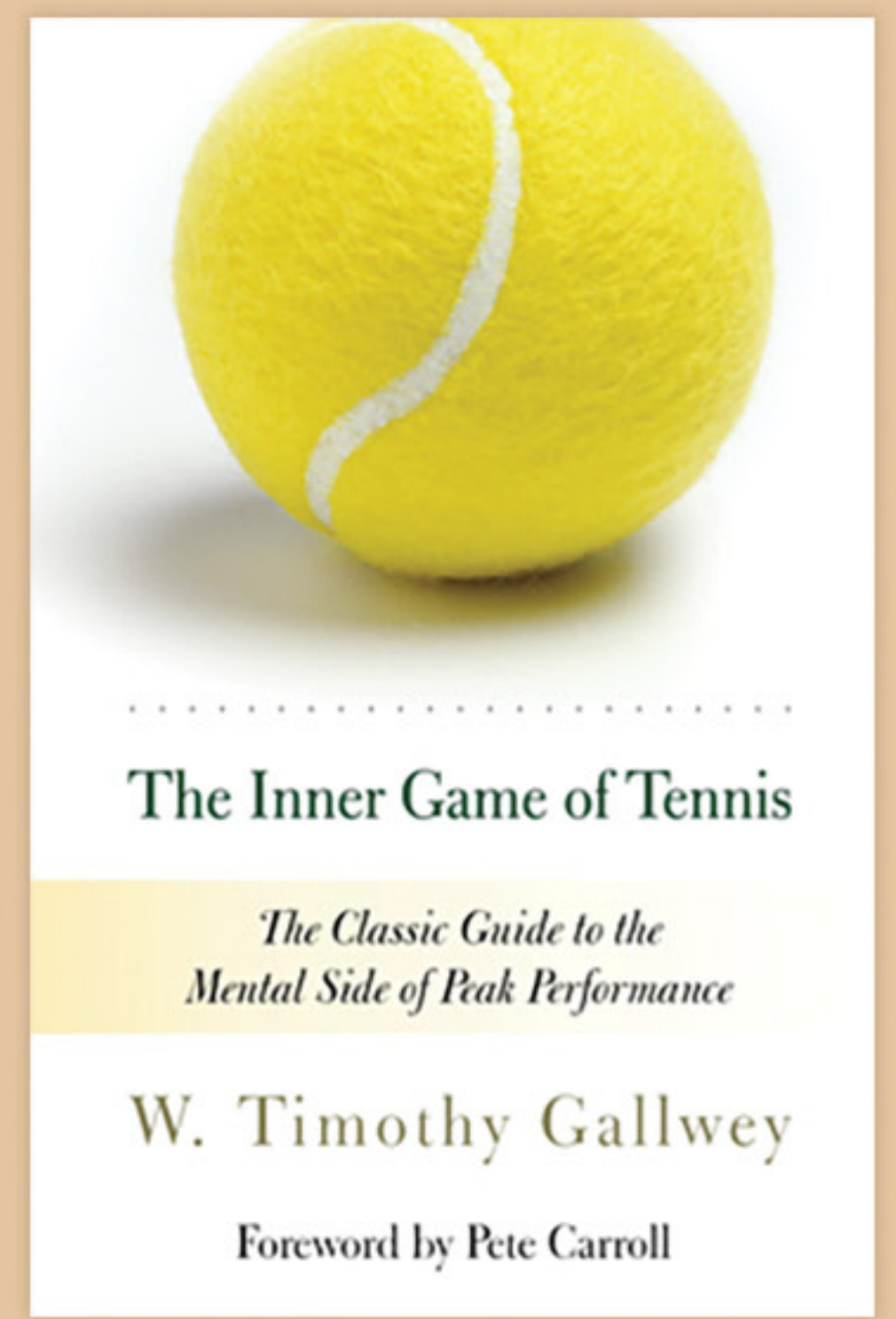




# History

The idea of life coaching was inspired by the practice of sports coaching. Just like in a game of sport, the opponent isn't the only person working against you. The ultimate opponent is yourself. It is this very idea that triumphed the development of life coaching.

In 1974, Timothy Gallwey published the book, "The Inner Game of Tennis". In the book, Gallwey emphasizes how you have an inner opponent, which takes form of your ego. This is the mind. The mind is the voice that criticizes, judges, and second guesses your every move. By gaining control over your mind, you are able to fulfill the best version of yourself.



The business of self help really started to take off in the late 70's after this idea became more valued. In 1988, Thomas Leonard created one of the first life planning courses titled, "Life Creates Your Life". He is credited with codifying coaching into a curriculum that teaches people globally on how to become a life coach.



Between 1993-1994, Leonard also launched Coach U, a coach training program, and International Coach Federation, which set industry standards and ethics. The ideas of personal coaching popularized after the 90's and continues to grow.



# Notes