

# Learning Journeys

The International Center of Coaching

## What is Life Coaching?

Coaching is a partnership relationship where the coach continually works with you, the client, to raise awareness of how you are responding to the world around you. We believe you are resourceful and whole, and have the capacity to solve your own issues. Because of this belief, you are the sole decider of what to focus on each session. The coach assists in uncovering effective methods for achieving your goals without providing advice or telling you what you should do. This approach allows you to choose how, what, and when you will work towards what you want in your life. We believe throughout this process you will feel inspired and empowered to make long-term changes that will honor and benefit you the rest of your life.

### Coaching is not...

Coaching is not giving advice.

Coaching is not leading, directing or manipulating.

Coaching is not therapy, healing or fixing the past.

Coaching is not directed by the coach's agenda.

Coaching is not judgmental nor about thinking others are right or wrong.

Coaching is not consulting or training which is expert driven.



### Coaching is...

Coaching is sourcing the answers from you.

Coaching is partnering and honoring your process, values and beliefs.

Coaching is accepting what is in the moment and inventing a future from that place.

Coaching is directed by your agenda.

Coaching is meeting you where you are at and having consensus about your reality.

Coaching is, trusting the expertise that lies within you.

*You have the capacity to uncover what you need, how you need it, and when you need it.*