



## What is Transformational Life Coaching & the Benefits?

Transformational Life Coaching is a method of supporting and empowering people to transform different areas of their lives to achieve their personal goals, objectives, dreams and desires; to live authentically and in alignment with who they are at their essence. It achieves this using a combination of conscious and unconscious Transformational tools and techniques including: Neuro-Linguistic Programming, Hypnotherapy, Timeline Therapy, and Emotional Freedom Technique. What makes it transformational is that it allows people to access and influence their subconscious mind - which controls 95% of everything we think feel and do - and fast-tracks the process of change and achieving success.

Transformational Life Coaching can help you by:

- Providing clarity as to what is important to you, what your values are and why you want to achieve certain goals, as well as uncovering the reasons holding you back.
- Reprogramming unhelpful and limiting thoughts, beliefs, emotions and behaviours/habits
- Developing a Growth Mindset, learning to take control of your emotions, reframing past negative experiences, moving towards healthy change, learning and growth.
- Providing a safe space to emotionally feel into and let go of whatever is no longer serving you in order to move forward.
- Evaluating what is/isn't working and helping you adopt new strategies to achieve success.
- And much much more....

## 20 Benefits of Life Coaching

### 1. Gain clarity of purpose

A Life Coach will help you gain clarity of purpose. It's hard to achieve anything worthwhile when you're unable to define your purpose in life. By clearly defining the reasons you do what you do, getting to the heart of your WHY (which isn't always what you initially think it is), you can better approach the task at hand with a clear mind and enthusiasm which makes all the difference in achieving your dreams.

## **2. Coaching holds you accountable for your actions**

You are more likely to get things done when you know that someone is going to hold you accountable for it. It's hard to push through some of our personal stumbling blocks when we don't have someone ensuring we take consistent action.

## **3. The Coach provides insightful perspectives**

A Life Coach can provide insightful perspectives on all areas of your life. Often, it's good to have the perspective of an objective third-party, instead of a friend or family member, as it allows you to reach a deeper understanding about certain aspects of your life without fear of judgement. An effective coach can help you look at things in a way you might not have seen in the past.

## **4. Conveys experiential knowledge**

Life Coaches usually come with a high degree of experiential knowledge, very much similar to a mentor, who can help guide you through difficult times and share invaluable information and resources. The most valuable tool a Life Coach has is to ask you enough of the right questions to help you identify the right solutions for yourself, in order to empower you rather than creating an overly dependent relationship.

## **5. Life Coaches help to increase your productivity**

Working with a Life Coach helps to naturally increase your productivity. You will feel more committed to completing any tasks you have agreed to because you have the guidance of a professional to help move you closer to your goals; as opposed to someone who is going to distract you and discourage you. They can teach fundamental principles to work smarter, increase your productivity and better manage your time.

## **6. Coaches assist you to take more action**

Taking action is hard and we often fall victim to procrastination. A Life Coach will help you move past your tendencies for procrastination, making you better able to achieve your overall goals. When you can take a little bit of action every single day, there is nothing you cannot achieve.

## **7. A Life Coach allows you to mitigate distractions**

People tend to get sucked into bad habits or spend time doing things that don't move them towards their goals, or worse get stuck in the perfectionist loop of going over and over the same task and never moving onto the next step. A Life Coaches can help you identify and avoid these distractions through a number of practical strategies and methods.

## **8. Coaching can enhance your communication skills**

When you're required to convey your thoughts, motivations and emotions to someone on a regular basis, you become better at expressing yourself, thus enhancing your communication skills. In time you get better at stating precisely what's on your mind, enhancing your ability to articulate yourself with whoever you are communicating with.

## **9. Build self-confidence**

Life Coaches are great at boosting your self-confidence. When you have someone in your corner that's cheering you on, there for you when you need them, it's much easier to become self-confident. Often, it's that little extra push and encouragement that we all need to reach our goals.

## **10. Provides a healthier, more active lifestyle**

Our health is paramount. Without it, how can we expect to achieve our goals? The truth is that, for the most part, we don't treat our bodies the way we need to in order to function at our best. A Life Coach can help see us through some of the more difficult plateaus that we tend to experience while trying to get healthy and more active, and is an integral part in the process of self-improvement.

## **11. Coaching helps to revitalise relationships**

Whether they are personal or business relationships, romantic relationships or friendship, a Life Coach can help you re-assess and revitalise existing relationships, while also tending to new ones. They support you in nurturing existing connections, maintaining healthy boundaries, while also focusing on building up new connections with people in your social or career networks.

## **12. Increases work-life balance**

It's easy to get side-tracked when trying to pursue business or career goals and lose sight of the work-life balance that is key to a healthy state-of-mind. When we're actively pursuing success, other important aspects of our lives tend to get neglected and the people around us clamour for our time that we simply aren't willing to give. A Life Coach will help you improve your work-life balance so that you can happily achieve your goals and dreams whilst also tending to your other priorities.

## **13. A Life Coach helps you to achieve goals**

Most of us have big goals but are unable to see the proverbial forest through the trees because we're entangled in the brush. A Life Coach can help you properly define and achieve your goals, no matter how big

or small they might be, by putting a comprehensive plan in place, and regularly evaluating your progress until your goals are achieved.

#### **14. Reduces stress and anxiety**

When you have someone you can talk to, who understands you, who you can rely on, who will support you and empower you, it reduces your overall stress and anxiety and helps to boost your overall sense of resilience and ability to tackle any challenge that comes along.

#### **15. Guides you to make more money**

By understanding what you want out of life and helping you to create a plan to get there, your Life Coach can easily teach you how to make/attract more money and abundance into your life. They can help you improve your money making and budgeting skills, refining your systems and approach towards accruing wealth, and helping you shift your mindset around wealth and abundance.

#### **16. The Coach plays a role in overcoming fears**

Most of us are stifled by our fears. Our inability to act is derived from the inherent threats to our physical, emotional or mental states that exist within the far-reaches of our minds. A Life Coach can help you overcome those fears, and illuminate the pain-versus-pleasure paradigm so that it serves you rather than hold you back.

#### **17. Works to address limiting beliefs**

You can feel left behind in life if you have beliefs holding you back rather than empowering you to move forward. When you have a limiting belief that's so ingrained thanks to years of telling yourself that something is fact when it is not, it's hard to overcome such thinking without the guidance of a professional. A Life Coach can help you identify the thoughts holding you back and replace them with more empowering thoughts and beliefs using affirmations and incantations.

#### **18. Improves overall motivation**

It's not easy motivating yourself all the time. Even when you have powerful goals, sometimes you want to just take a break. And when that happens, you cool off, you fall behind and it hinders your progress. A Life Coach can help to empower you by motivating you during and between coaching sessions to stay on track and remind you of your WHY when you start to slack.

#### **19. Gets you inspired and hungry**

Inspiration isn't always easy to find. Before we can become motivated, we need to be inspired. A Life Coach can help to illuminate that inspiration and bring it out into the forefront of your mind using both conscious and subconscious tools. This is an integral part of the process in achieving anything.

## **20. Helps you to feel more appreciated**

It's easy to say that we don't need to feel appreciated. But when everyone around you ignores your feelings and doesn't appreciate your hard work and sacrifices, it's quite easy to get discouraged. Your Life Coach can help to counterbalance this, by showing you how much people do actually value you, even if they don't always show it; reminding you how achieving your goals will over time positively impact the people you care for, and that their appreciation will come with time.

If you would like to access Transformational Life Coaching through The Mindful Life Coach UK, head on over to the website [www.themindfullifecoachuk.com](http://www.themindfullifecoachuk.com) and request a FREE Consultation.