



Abschluss-Arbeit als systemischer Coach

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The importance of having a professional Life Coach-Client relationship

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Target group

My target group will be those who have a great desire to find themselves and their place and mission in the Life. Those people who are very **ready and open to Change**.

Since several months, I have been working in this field, with a relatively large number of women in my mother tongue, those who communicate with me for the Change!

I offer one-day and multi-month workshops on a regular basis in group and I have also individual Coaching.

What Is a Life Coach?

A life coach is a type of wellness Professional who helps people make progress in their lives in order to obtain greater fulfillment.

The Life Coaches aid their clients by improving their relationships, careers, and day-to-day lives. Life Coaches may be a part of a multi-professional team, working together with multi-disciplinary professionals such as doctors, psychologists, regular practitioners, nurses and in some cases with social organizations such as community Groups or just self-employee.

Why is having a life Coach important?

I have always been thinking that having a Life Coach is something of a luxury for those who can spend their money for experiencing a more luxurious living.

But, since I came into this profession and I'm learning more and more about being a Life Coach and its reflection in someone's life, I understood having a Life Coach is actually so necessary in every human being's lives!

To live and really living, matters!

especially in this time we're living in, we really need to know how to enjoy the life more and how to should live for the best of our lives and achieve our goals without stress and no fears!

Everyone should know having an amazing life is not just a dream or not just for the privileged people!

Actually, if you know how to live well and how to solve your problems by yourself and how to come out of your everyday challenges positively, you would be living a great healthy, happy life and that is not a dream.

It is very possible to achieve your goals in life and develop your full potential through the Coaching of a good Coach!

A life Coach teaches you the art of living and enjoying the life and coming out triumphant from every challenge!

As a Life Coach my participation with my client is, to make a good connection from the first session of the Coaching process.

I would make my client feel free to talk about their challenges and make them understand comfortably that they will overcome their challenges and reassure them there would be no judgment on my part!

A Life Coach can help the client clarify his/her goals and identify the obstacles, and then create strategies for overcoming each obstacle.

By creating these strategies, Life Coaches target their unique skills and potential to bring out the best suitable solutions .

By way of helping the client to make the most of his/her strengths, Life Coaches provide the support they need to achieve long-lasting changes in their lives.

What is the life Coach relation to the client?

Life Coaching is a private and confidential relationship between the client and a professional Coach.

That should be all about achievement, whether in business, career, or life. It is the partnership of client and Coach in a friendly relationship based on trust.

Making a good impression with the client is a very important point. the Life Coach needs to make sure that the client is comfortable to open himself/herself up to dialogue and the search of solutions to their challenges!

It is important to the Life Coach to practice the simple little things such as:

- 1) Shaking hands
- 2) Simple short introduction
- 3) Eye contact but not staring
having eye contact is very important but avoid eye bulling the client.
- 4) An amicable but business like attitude
- 5) just keep it simple!
do not use high complicated language or words in order to make an Effort!
- 6) A pleasant office atmosphere
with good light, simple deco and well aired.
- 7) Suitable body language
the Life Coach should be aware of his body language.
The client may feel that he is not interested.
All the clients need to feel appreciated and the body language can be effective to convey the interest on the client
- 8) Avoiding personal negative habits such as tapping on the table, repetitive sound making like Mmm... Ahhaa etx
- 9) The sitting position
it is important that the Life Coach dose not sit directly in front of the client.

it is also necessary to remember that the sitting position should not reflect sleepiness, tiredness or stress.

The sitting distance between Coach and the client is very important. Not too far apart neither too close together!

sitting directly in front of the client may seem confrontational and it may trigger the client to become defensive.

What dose the life coach needs to do to keep it simple?

The Life Coach needs to stay away from the scientific or medical therms and keep using simple common language.

Because simple words can have big impacts!

The Life Coach needs to make sure to keep an open Dialogue with the client and keep the conversation simple to a level that client can understand it easily.
The Life Coach dose not need to use elevated, complicated words or technical language

How can we understand that the session are not having the positive impact on the Client?

It is important that the Coach offer a free of charge session to determine if he/she will feel comfortable with the client in the future sessions and throughout the Coaching process!

The clearest sign there has been a breakage in the Coaching is when the client dose not come back to the coaching session or fails to contact the Coach!

Another negative sign is when the client can not open himself up to dialogues.
Or when a client only answer with yes or no to the questions!
Or When the Coach starts to feel sorry for the client!

It is also not a good sign if the client dose not know how to put the way he feelings into words! In this case there is very little chance to start a dialogue and continue with the coaching process.

Another sign is if the Coach pushes for an specific answer for the client!
Or When the Coach or the client do not feel comfortable with one another.

The importance of having professional relationship with your Client:

I would like to stress that a Life Coach builds up a professional relationship with his/her client based on respect.

This includes to be trustworthy so that the client can open up to dialogue knowing that his personal information will stay private and confidential. This shall be a mutual respect so that the client can follow their instructions given by the Life Coach.

There should be respect in the physical communication too. when the Coach speaks the client should listen! and when the client speaks... the Coach should listen, respectfully and attentively!

The Coach should clearly communicate his/her interest on the client with empathy and concern for their feelings and emotions!

A Trustworthy life coach creates a sense of emotional safety!

Avoiding making fun of client's challenges!

The Life Coach must establish that safety by regarding each person he work with as whole, worthy and capable.

Life Coaches accomplish this professional relationship with the client by giving respect for the client's perceptions, identity, learning style, personal being, and where they are in life!

The Coach-Client relationship should be built on mutual trust and honesty!

The Life Coach should always focus and concentrate on the potentials and abilities of the client to find the possible solutions to overcome the challenges!

These points are needed to move the client forward. And as it's needed in any healthy professional relationship, both part must be fully engaged and ready to do their work.

The essential coaching needs to succeed in a professional coach-client relationship are interpersonal effectiveness, listening, empathy, among others as the coach from the client's standpoint needs to build a strong connection to the coaching process.

How do you build trust and closeness in a coaching relationship?

The following actions of the coach would help to create an atmosphere of trust and closeness with the client:

•Establishing a Coaching Agenda and the credibility

1. Always asking rather than tellin
2. Active Listening is very important to Understand the Client
3. Never Divulge Any of the Client's personal struggles or confidential informations
4. Actively Create a Safe Place for the Client to come to overcome the challenges
5. encourage the client to overcome the problems by building confidence in the client's potential
6. The life Coach should create a sincere interest ask relevant questions.
7. Reassure the client on his/her strong points
8. Build trust through spoken communication and even with body language.
9. Be always aware of clients responses
10. Be reliable and accountable and empathetic

11. Be focused on the person
12. Ask the right questions (The wrong question will give you the wrong answer)

And at the end there is this question

What is an important tool to maintain professional relationship?

- Communication. Although this is the most obvious of things, many people forget how important it is to communicate.
- Quality time (a professional life Coach must always give the best of his/her time to the client)
- Laughter (it is important to have a positive attitude and sense of humor, laugh when it is appreciate but never make fun of the client)
- Commitments (life Coach should always stay focused)
- Companionate (a life Coach should love his/her career)

And at the top of all:

**Communication, Communication communication!
because Communication is vital!**

In real life if you don't communicate you die! In the coaching process if you don't communicate you will not succeed as a professional life Coach.

An open, honest, two-way communication in this relationship is the most important tool to learn! because it's in this relationship that the biggest miss-communications arise!

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