

**All About Life Coaching**

To be your best, you have to know the best health options available to you. Here, you can learn about the powerful benefits many everyday people are enjoying from Life Coaching.

**WHAT IS LIFE COACHING?**

Life coaching an effective and increasingly popular form of therapy used by millions of people to discover what they want most out of life. It focuses mostly on the future, providing clarity, guidance, accountability and empowerment to support clients in directing their thinking and their behavior toward achieving their personal and professional goals. It may sound simple but for someone who is stuck, unsatisfied or confused, it can be life-changing.

**HOW DOES IT DIFFER FROM TRADITIONAL THERAPY?**

There’s a lot of overlap but the simplest way to distinguish the two is that psychotherapy focuses on resolving issues rooted in your past. Life Coaching looks forward, focusing on helping you get what you want from your future.

Think of coaching in the traditional sense of the word. Serena Williams is a great athlete but she replies on coaching to help her identify weak points, refine her skill, improve her performance and reach new heights.

**HOW DO I CHOSE A COACH?**

There needs to be a level of comfort and trust between you and your coach and like in any relationship, that takes time. Recommendations can be great, so ask around, but even if a friend or relative has a coach they like, it doesn’t mean their coach will be a fit for you. Consider doing some ‘speed-dating’. Try a few coaches out and see how it feels. Some offer free consultations, which enable you both to see if there is a good fit.

**WHAT DO PEOPLE USE LIFE COACHING TO HELP WITH?**

Life coaching is used to help with virtually every aspect of life – professional, relationships, goal-setting, etc. Because life coaching is future-facing and goal oriented, people hire life coaches to help with everything from strengthening their marriages to making big life decisions like changing careers, or finally reaching their goal weight.

**WHO USES LIFECOACHING?**

Life coaching used to be a tool used primarily in the workplace for well-paid executives, which may be why it’s a practice men frequently enlist. Today life coaching clients are perfectly healthy every day sorts of people -- men and women of all professions and walks of life, including couples and young people.

**WHERE/HOW IS LIFE COACHING PROVIDED?**

Because life coaching is conversation driven it can take place in person or over the phone, Skype, Facetime and other technologies that make distance communication possible. More so than therapy, where a clinician is trying to diagnose conditions, life coaching is about is about creating plans and effectively putting them into action.

**CAN LIFE COACHES PRESCRIBE MEDICATION?**

No, they cannot.

**IS LIFE COACHING COVERED BY INSURANCE?**

Unfortunately, it is typically not covered.

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