

What is a Life Coach and Why You Need One

Throughout the history of mankind each tribe has always had the “wise” counsel of a person who sees deeper, understands hidden things and is able to connect between the worlds.

Many names have been used for these gifted people; shaman, tribal elder, path finder, sooth sayer, teacher, mentor, coach, pastor, priest.

We are rediscovering the magic of working with our personal gifted helper in today's busy society.

Most are so busy that they don't feel they have time to sit and wait, listening for answers to their life questions. A chaos ensues where you run willy nilly trying one thing after another in hope of finding something, some answer that works for you.

You're looking for answers to your pressing questions of how to be successful, how to live your dream, how to heal your body and your relationships.

You are staying so busy looking that you are not doing a whole lot of finding.

That's where a personal life coach comes in.

A life coach helps you to bring your attention to the details of your dreams and goals. When you can get clear of your chaotic energy, limiting beliefs and bad habits that keep you doing the same things the same way with the same results, then you are on the way to creating something new.

The role of a life coach, mentor, is to aid you in discovering your most pressing issues.

These often include beliefs that go back to child hood. Issues of self esteem, worth, talents, gifts, are very common. All failure is directly linked to limiting beliefs, there is no exception to this.

The only failure is giving up on yourself and your dreams. Failure is not the process of working through the details and getting clear on your vision.

Many times people stop trying to do anything differently after a few tries. They don't realize that the path to success is paved with many stones of experience.

Edison experienced many light bulbs that did not work as he intended. His response what that he knew thousands of ways not to make a light bulb. He didn't give up, he tried another way of doing.

What types of things does a life coach help you with?

- Financial Success
- limiting beliefs

- negative expectations
- self image / self worth
- beliefs about money
- Emotional issues
- old emotional baggage that limits you
- tying the present to the past
- expectations of future failure, pain
- Spiritual issues
- lack of worth
- relationship issues
- parenting issues
- motivational issues

A life coach works with you on the issues most important to your present life helping you to clear out the beliefs and emotions that are holding you in the past.

The Importance of Choosing the Right Life Coach for You.

In order for life coaching to be effective you and your coach must be comfortable with one another's energy. You must be ready and willing to commit to the process of digging deep and letting go.

Regardless of whether you are working with a coach for financial freedom, spiritual/emotional issues or physical well being, it's important that you feel comfortable and inspired by your coach's energy and technique.

Technique is different with each coach. You can choose a style that is focused on how you best respond to others. Your coach is not your authority, she/he is your helper, guiding and urging you to move forward in the direction of your dreams.

An effective life coach will motivate and inspire you. She/he will never make you feel worse about your self or your situation. This isn't an ego game.. it's a strategy for winning.. your winning. Ego has no place in the life coaching sessions.

When you talk with your coach you should be open, honest and direct. Your coach will respond in kind. As you work through the issues in your life you will quickly discover the limiting beliefs, false impressions, expectations of failure and mental/emotional confusion that have been holding you in place.

You must be willing to listen and make the changes suggested by your coach. A good coach will direct you into new actions you can take to shift your energy. Meditations, affirmations all in line with your goals will move you more quickly to your dream.

Your willingness to be open and to work through the process as outlined by your coach places you in the driver's seat. No one, not even the best coach in the world can do your work for you. Your life changes as you willingly change from the inside out.

Being aware of the law of attraction to continuously bring more of what you are passionately pouring your energy into confirms that you are the creator of your life experiences.

Through the process of life coaching you will discover new ways of thinking, expecting, meditating and receiving which will aid you greatly in creating a new life.

How many hours of coaching do I need?

That really depends on your and your coach's schedule.

My recommendation is minimum three hours per month. This allows for plenty of time to put into experience the suggestions of your coach. The real power of coaching is making the changes your coach sets out for your life. These changes are based upon a deep spiritual understanding and connection with your energy. This intuitive style of coaching provides more than just physical steps for success in the physical world, it actually provides for a renewing of the Inner Person so that the changes are permanent and define every aspect of who you are.

My point is that being wealthy without being happy is not true success. Life coaching that only provides tools for making money without changing the inner beliefs that bring about harmony, peace, physical, spiritual and emotional well being are short changing you.

Get the most for your financial and time investment and work on the whole person that you are, not just the outer aspects.

If you are really ready and willing to make permanent changes in every aspect of your life, then it's time for your personal life coach.

This is an exciting time in your life and will bring many wonderful results as you discover your strengths, gifts, talents, and what a powerful creator you really are.

Working with your personal life coach is a major, life changing action that moves you toward the life of your dreams.

As a intuitive healer, teacher and life coach for over 15 years I have worked with people on emotional, spiritual, prosperity, well being and parenting issues.

Through the process of really listening and discovering your gifts and talents we work through the limits you have imposed on your life to reveal the whole person that you are.

I am always amazed at the transformation that takes place with the very first call and continues as you work through the new actions laid out for you personally. Each client receives individual steps for change as well as affirmations and other materials to help you progress joyfully though the process.

I work with you on the soul level, not just the physical level of material manifestation. Realizing that

everything outside of you is a true reflection of what you believe, think and feel passionate about, we work together to change the inner so that the outer reflection follows soon after.

Currently I have a few openings for new clients and am offering a special for you to try it out at no charge for 30 minutes.

To read about the offer visit <http://www.DonnaDevane.com>