

In today's fast paced modern world, there is a great need for life coaches/practitioners. Essential factors such as fast paced lives, competitive work environment, noise pollution, family conflicts and financial pressure all result in high stress life conditions.

A lot of individuals try to relax through social media, television, drinking, overeating, drugs and look for various other ways to vent and destress. The function of a coach/practitioner is to provide a supportive environment where the client feels satisfied with the knowledge and suggestions given by the therapist. Clients should be given holistic techniques and practical tools that can be applied through the course of their lives.

A coach's goal is to establish an open and trusting relationship with the client. Try to get all the vital information about your client so that you can assist them in the best way possible. To do this, you have to offer them some counselling and guidance. Counselling is mostly the art of "listening" and "reflecting".

When you are listening to your clients, try to be receptive and non-judgmental to their statements. It's important to be objective and put your personal opinions on the side. To reflect means to repeat the statements back to the clients in your own words. This way your clients get an opportunity to listen to themselves and possibly solve their own problems.

In your first meeting with your client, it's necessary to find out about their lifestyle and their underlying problems. If you are asking personal questions, try to be gentle and sensitive with your client. Sometimes the client may not necessarily be looking for advice, but rather a neutral, non-judgemental therapist with an open mind to listen.

It's important to realize that each person is unique and therefore must be approached with an individualized approach. Expect each person to respond differently to the same basic questions. Some may offer limited information and others will willingly talk more openly. Some individuals will require more time to open up to the therapist. In cases like this, only ask the basic questions until the client opens up and is willing to talk.

Close to 50% of the work is to try to establish trust with your client. A trusting relationship between the client and the therapist is very important as it is needed to release tension. If for some reason a client has difficulty opening up and discussing their problems, you should move on into the session of therapy.

As a therapist, try to be well composed before seeing a client. It's also important to be familiar and practice with the techniques before applying them. Practice the various meditation, visualization, energy healing and deep breathing techniques offered in this program a few times and become familiar with it. You should try asking the questions directly to the clients instead of asking the client to fill out the questionnaire. This will help you to build a rapport and establish trust with them.

Two qualities that can help you to become a good coach/therapist are Compassion and Empathy. Compassion is defined as "the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering." Empathy is defined "as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be

thinking or feeling. Ideally, If you make a genuine effort to connect with your client on an emotional, mental and spiritual level, you will be able to offer them the highest level of therapy.

Coaching and counselling is an art that takes time to master. You will naturally get better with time and experience. Just like anything else, when you are first starting out, it's normal to feel a little nervous and slow. Over time, it will only get better. **Very important, always be open to your own intuition and follow the voice and instructions that come from deep within your heart!**