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Professional Life Coach

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What is coaching and who hires a Life Coach?

By Stacy K. Waltman

Reasons for hiring a life coach are varied. Often individuals who hire a coach are people interested in presenting their authentic self to the world as they live their life in congruence with their values. Some people seek integration at all levels of their behavior: speech, actions and internal dialog, and wish to have an understanding of the impact of these patterns in their life. Other individuals simply want to refine themselves and achieve goals that have always eluded them.

Organizations too have various reasons for hiring coaches. Some coaches are hired for team development and others are hired to align employees with the corporate vision.

At times, you run across individuals who have an understanding that as their daily behavior, speech, actions, thoughts, and internal dialogs begin to align with their values; their life evolves into a more fulfilling experience.

Many people who hire a life coach know that the time for holding a part of themselves back in order to “fit in” to the norm has passed and the time to be fully present in an integrated life is now. Enormous shifts occur when individuals begin to follow their “passion” and lead authentic lives instead of stifling their uniqueness in an effort to do things as they’ve always been done.

A gifted life coach will help you move past blind spots, inertia, and obstacles by working with you to create the life you desire. You and your coach will design and administer benchmarks with which to measure your progress. A great coach will take you from contemplative theory into action. Above all, the best coach knows how to maintain their client’s confidentiality. “Trust and confidentiality are at the heart of what makes coaching with Stacy a unique experience,” says Jim DeLaurentis, CFO for The Andrew Lauren Company, Inc. “I know on a very deep level that she honors the process by creating a safe place to evolve from and a clear place to evolve to.”

How will you effect change in the world? Will your gift to the world at large be a conscious decision or will your contribution be one generated out of default?

As your life coach, you and I will design a personal mission statement for your life which will be the agenda that is held throughout our business relationship. As your professional life coach, I will guide you to where your passions reside with specific tools and processes that will lead you to realizing your goals.

We can design our coaching sessions to occur on the telephone or the meetings can be held in person which gives us a great deal of flexibility. This arrangement will allow you to live where you choose, juggle a busy professional life, or travel the world and still maintain your weekly coaching commitment.

My intuitive abilities will help facilitate your growth by uncovering your blind spots and my practical experience will ground your life vision into an achievable reality.