



Learn 7 Steps on How to Become a Life Coach

Description

If you appreciate assisting others in reaching their full potential and want to establish your own business, you may consider studying how to become a life coach.



The profession is growing increasingly popular. You may have spotted a Facebook page for a life coach offering their services in recent years, or you may have noticed that your yoga instructor has taken on the role of a personal, spiritual, or professional counselor to some of your classmates.

According to an International Coach Federation research, there are over 53,000 coach practitioners worldwide, with over 17,000 in North America alone. Life coaching clearly resonates with clients, and there is a market for it. But what exactly does it take to become a life coach, and how do you know if you're equipped to assist people alter their lives?

In this tutorial, we'll walk you through the seven essential steps you'll need to follow before becoming a life coach, as well as the potential fees involved.

7 Ways to Become a Life Coach

Although it may appear that becoming a life coach involves little more than exceptional listening skills and an abundance of compassion, becoming a life coach is a business decision. Once you've decided this is your calling, do at least the seven actions outlined below to ensure the legitimacy of your business and services.

Find your specialty.

Before becoming a life coach, you may want to identify your niche and create your reputation from there. The majority of life coaches concentrate on people's career, personal, or romantic lives. Others delve deeper and assist patients in making health-related adjustments, such as nutrition and fitness regimens, or in discovering their spiritual side.

Regardless of your primary focus, you will undoubtedly touch on more than one of these topics as a life coach. For example, Plotline Leadership has three distinct service lines—careers, specialized projects, or personal stories—but creator and life coach Tim Toterhi admits that there is considerable overlap.

Obtain a life coaching certification.

To operate as a life coach, you do not need to have a life coach certification. Life coaching is not like being a psychologist or a medical practitioner, which take years of intensive training before you can practice. However, according to the ICF survey, 89 percent of coach practitioners get accreditation or approval from a professional coaching organization.

How to Become a Life Coach Certified

Whether you locate your life coach certification course through Google or word of mouth, and whether it's online or in-person, be sure it's accredited by an organization such as the International Coach Federation, which establishes industry standards for ethical coaching. You can utilize the ICF's Training Program Search Service to locate a genuine course that corresponds to your life coaching objectives.

You'll master things like active listening skills and how to create a trusting environment for your clients during your life coach course. You'll also learn about the business of becoming a life coach, as well as any ethical issues that may arise throughout your practice. Becoming a certified life coach can be a

difficult process, and you will most likely need to complete a set number of hours of training before you can receive your certification. As a result, before taking on this task, make sure you're serious about becoming a life coach.

It is important to note that the majority of life coach certification programs will grant you a broad credential. If you want to get certified in a certain area of life coaching, such as the one you mentioned above—such as wellness, career, spirituality, or relationships—focus your search on a specialist program.

Then there's the matter of cost to consider. Certification courses for life coaches are almost never free. Indeed, being a licensed life coach might cost up to \$5,000. Having said that, many of the recognized courses we've found cost between \$1,000 and \$3,000.

Establish your life coaching business.

You are not only becoming a professional, personal, or spiritual counselor when you become a life coach; you are also becoming a small company owner. As a result, you'll need to undertake some of the due diligence that all small business owners must perform in order to be successful, such as:

Register your company.

When establishing a life coaching firm, you must first choose your business entity type—a single proprietorship, LLC, or corporation are popular choices. Then, unless you choose to operate as a sole proprietorship (which does not require registration), you must register your firm with your state. As you navigate this phase, a secretary of state business search will be a valuable resource.

Prepare your initial costs.

Next, put together a business plan that handles your initial expenditures, which should include anything from the cost of your certification program to any overhead costs involved with renting and furnishing a place, presuming you'll meet people in person. Another cost to consider is business insurance, specifically liability insurance in the event you are sued for incorrect advice.

Fortunately, becoming a life coach does not have to be expensive. Quint runs an entirely digital firm, and she attributes her success to that decision: the upfront expenditures of not having a physical facility are negligible.

Make a marketing strategy.

You cannot become a life coach unless you have clients to coach. That's why it's critical to have a comprehensive marketing plan in place from the beginning of your attempts to become a life coach—and if you're shy about self-promotion, becoming a life coach might not be for you.

Word of mouth is frequently the best source of referrals for service-based firms. Begin by providing free, small, or reduced sessions to people in your network, such as friends, family, and friends of

friends. If they are pleased with your services, ask them to spread the news to others in their network and perhaps provide a customer testimonial for your website.

Create your online presence as a life coach.

If your company is entirely digital, your online presence is critical. To snap images of yourself, record videos, and conduct sessions, for example, you'll need a powerful company domain name as well as a good computer and camera.

Determine how you will collaborate with clients.

You'll improve your approach to dealing with clients and decide exactly what types of services you'll offer as you study how to become a life coach. Toterhi and Quint each provide different packages, degrees of service, and areas of concentration to their life coaching clients.

When you first meet with your client, have a clear purpose in mind. You can set another objective if you reach your first one. Allow both parties to go on if the fit isn't right.

Your services should be priced.

If you're thinking about becoming a life coach, you're probably wondering, "How much do life coaches make?"

It's tough to quantify the worth of assisting people in making positive changes in their life. However, this is a company, and you must determine the value of your time in order to charge people appropriately.

Spend money on continued education.

Just like doctors must continue their education to stay competent and learn about new methods, life coaches should seek out skill-building opportunities to stay at the top of their game and provide the best service possible to their customers.

The quantity of continuing education required will vary depending on your area of specialization, but all life coaches should keep up on their reading and attend seminars, conferences, and retreats relevant to their expertise. Being involved in the life coach community is the greatest way to learn about continuing education options. Inquire with other coaches about how they learn new skills and approaches, or look for communities on Facebook or LinkedIn.

What does it take to become a life coach?

As previously stated, becoming a life coach does cost money, whether you choose to earn a certification or attend training sessions. To get your firm off the ground, you'll need to invest in a variety of things. To begin, a certification might cost anywhere from \$1,000 to \$8,000, which can be a hefty

upfront investment for a new business. Second, if you join a professional network, such as the International Coach Federation, you will be charged a monthly fee.

Other things to consider are whether you will pay for a physical venue to meet with clients or if you will operate entirely online. Having an office space will incur hefty costs. Aside from the rent, you'll have to furnish the area, possibly pay for parking, and more.

In conclusion

Becoming a life coach can be a very rewarding yet challenging professional choice. It takes a certain mentality (Quint describes herself as a “human can opener” for the way she gets people to open up), a background in coaching and business, and the perspective that helping others is a means to generate money, just like any other employment.

Category

1. Education

Date Created

May 2022

Author

tcanoah

default watermark