Whole Person Coaching Defined

Whole Person Coaching is an advanced, holistic coaching method dedicated to helping clients create fulfillment by fostering balance, flow, vitality and harmony in all aspects of their life. It works with the whole person mentally, physically, emotionally, socially and spiritually, recognizing and embracing the complexity and interconnectedness of all parts of their life.

WPC encourages clients to become self innovating so they can design, create and sustain the life they’ve always wanted to live, drawing on their own strengths, gifts and wisdom for success.
Whole Person Coaching: Principles

Whole Person Coaching is firmly rooted in five distinct, yet interrelated principles that enable the coach to support a powerful and transformative learning process. These core principles and their application magnify success for both coach and, ultimately fueling the coaching communication, process and relationship.

#1 The Client Is Whole, Completely Resourceful and Self-Innovative

#2 The Client Determines the Coaching Agenda

#3 The Client’s Life Is Viewed and Addressed as a Whole

#4 The Coaching Relationship Is Co-Creative and Synergistic

#5 The Coaching Process Is Dynamic and Honors the Client’s Journey
Defining Coaching for Others

An elevator pitch is a short sound bite – 15-30 seconds and fewer than 150 words – that succinctly and memorably introduces you. It spotlights your uniqueness and zeroes in on the services and benefits you provide as a coach.

Elevator speeches were traditionally used to prepare project managers, sales people and policy makers to use brief chance encounters in elevators to pitch their products, services or ideas. But elevator speeches are not just for elevators! You should use yours whenever you want to introduce yourself to a new contact or share your new skills with existing friends, clients or colleagues.

A great elevator pitch showcases your professionalism, makes a lasting first impression, and allows you to position yourself in the hearts and minds of others. And if you want to network successfully, you need an elevator speech so that others may quickly understand what you do and the value you can bring to them and/or their business.

With passion, precision and persuasiveness, use the formula below to describe what you do.

**Definition of coaching: a simple formula**

As a coach, I support **who** (target audience) to **do what** (e.g. develop, find, manifest) so they can **benefit how** (e.g. attract more customers).
Defining Coaching for Others Cont’d

A few examples:

“As a coach, I help new and seasoned business owners to develop affordable and easy ways to implement marketing programs so that they can instantly generate more leads, attract more clients and generate healthy profits.”

“Peaceful Divorce Coaching helps divorcing parents to find peaceful ways of interacting through the divorce process. Divorce coaching makes this often difficult transition easier on the whole family and allows the parents to employ a more healthy dynamic for all involved.”

SPECIFIC AUDIENCE EXAMPLES: (Who you work with)

The more specific you are about who you work with, the more people can self-identify as a potential a client. Here are some examples to get you thinking about who you want to work with. Please note the more specific you get the better!

Here are some examples of specific audiences:

- Men
- Women
- Children
- Baby Boomers
- Professionals
- Mothers
- Fathers
- Small Business Owners
- Spiritualists
- Healers
- Accountants
- Golfers
- Pet Owners
- Females going through Divorce

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ACTION WORD EXAMPLES:

STRETCH * CHALLENGE * OPEN UP * IMAGINE * ENVISION * EMBRACE * FOCUS * CLARIFY * DECIDE * SOLIDIFY * CONSIDER * CHOOSE * RETHINK * STRUCTURE * ADJUST * BOTTOM LINE * SOLVE * CREATE * MOVE * PURSUE * ACT * ACCELERATE * ACTIVATE * EXERCISE * GRAVITATE * CREATE * MANAGE * GROW * STRENGTHEN * RELEASE * HABITS * BEHAVIORS * EXPEDITE * SLOW * REDUCE * LIMIT * STRUCTURE * ORGANIZE * SPEAK OPENLY * NURTURE * ACCEPT * FULLY EXPRESS * FORWARD * REFLECT * CHAMPION * SORT * DEFINE * ADDRESS…
Defining Coaching for Others Cont’d

WHAT: SPECIFIC SKILLS OR RESULTS: (What they’ll be able to do, have, think, feel or be as a result of the coaching:

HAVE – A coach can help a client to:
• Create a new career.
• Find a new partner.
• Lose ten pounds.
• Buy a new home.

DO – A coach can help a client to:
• Learn a new language
• Develop greater self awareness
• Become more effective at speaking
• Confront conflict more easily
• Develop better skills and job performance

THINK – A coach can help a client to:
• Stretch or challenge their imagination and/or critical thinking skills.
• Adopt a more reflective thinking practice.
• Open to multiple possibilities, solutions and perspectives.
• Think more clearly and confidently.
• Let go of limiting beliefs that no longer serve them.

FEEL – A coach can help a client to:
• Feel more peaceful and calm.
• Feel self-assured and confident about their choices and life direction.
• Feel alive and passionate about their everyday life.
• Feel inspired and motivated to make changes in their career.
• Feel happy and grateful for the live they have.
• Feel connected and a deep sense of belonging with others.
Defining Coaching for Others Cont’d

WHAT: SPECIFIC SKILLS OR RESULTS CONT’D:

BE – A coach can help a client to:
- Become a better parent, leader, friend
- Be more authentic; true to themselves, authentically expressed.
- Be their best in everything they do.
- Be more resourceful and strategic in their business.
- Be more effective in their life, work and relationships.
- Be thinner and healthier

BENEFITS:
A positive result that comes from achieving the goal that is separate and distinct from the goal itself.

A few examples of Benefits
“As a coach, I help people to think more strategically so they can make better decisions, allowing them to be more effective at leading the life they want.”

“As a coach, I work with frustrated new mothers find new ways to bond with their babies to create peace and harmony, despite the lack of sleep.”
The Multifaceted Benefits of Coaching

An individual who engages in a coaching relationship with a professional coach can expect to:

- Realize fresh perspectives when addressing challenges/opportunities
- Expand awareness and approaches to seek new possibilities
- Enhance thinking and decision-making skills
- Increase interpersonal effectiveness
- Create powerful and effective communication styles
- Deepen confidence to pursue meaningful work and life roles
- Improve productivity and increase levels of life-satisfaction
- Overcome challenges and obstacles to achieve goals
- Identify and overcome gaps in knowledge, skills, confidence, or resources
- Accelerate the growth process and maximize results toward a desired outcome
- Gain clarity, focus and direction toward what matters most
- Capitalize on successes, be more strategic, and accelerate learning
- Achieve work and life balance
- Develop self-awareness
- Discover and leverage hidden or unknown strengths and skills
- Imagine and make just about anything possible
Coaching: Unlimited Applications

Coaching is a highly-effective tool for creating awareness, inciting action, and encouraging accountability toward self-directed positive change and growth. This dynamic aspect of its application has led to coaching being employed by a wide variety of individuals and organizations to influence creativity and innovation, to build harmonious relationships, and to implement conflict management. At the center of each of these issues is the growth and prosperity of the people involved, each striving toward success and personal fulfillment.

Whether a client is actively seeking change or trying to manage life in improved ways, the structure and intuitive approach of coaching has been designed to assist individuals and organizations in the following areas:

**Life Design: Envision and create a preferred future**

- Gain clarity as to what matters most in life
- Identify and clarify your values, using them as guideposts toward greater life satisfaction and happiness
- Envision and create a desirable life, whether it’s related to career, business, relationship or personal adventure
- Explore life purpose, pursuing and accomplishing meaningful goals
- Renew and reestablish passion and meaning in both the personal and professional realm

**Success: Recognize and release inhibitors**

- Remove obstacles and barriers, both real and perceived
- Gain new, fresh perspectives
- Overcome FEAR (False Evidence Appearing Real)
- Get unstuck or stop struggling and move forward successfully
- Resolve long-standing problems and challenges

**Authenticity: Stay true to themselves and their needs**

- Be true to personal standards and expectations
- Feel happier, more satisfied and self-accepting
- Establish and maintain healthy boundaries with others
- Experience confidence in truly expressing who they are
- Become more self-aware and improve self-care
Coaching: Unlimited Applications Cont’d

Communication: Interact effectively with others

• Communicate clearly, authentically and openly
• Manage emotional communications and frustrations
• Deepen the capacity to connect with others
• Respond more effectively when faced with conflict
• Help others become more powerful communicators

Leadership: Develop strong leadership presence and effective leadership skills

• Become highly inspirational and motivate others
• Identify strengths and opportunities to promote growth and changes
• Negotiate and collaborate effectively
• Learn coaching skills to motivate and manage others
• Lead versus manage others

Learning & Development

• Support others in their pursuit of new skills, behaviors and attitudes
• Accelerate capacity to learn and develop new skills
• Create a self-directed, self-sufficient learning environment
• Recognize and leverage learning styles
• Develop a self-directed learning culture

Personal Well-Being

• Reduce stress and frustration
• Discover new ways to become more healthy and vital in life
• Be more active, healthy and passionate in life
• Exhibit a more positive attitude and approach to life
• Live a more balanced, peaceful life
Coaching: Unlimited Applications Cont’d

Accomplishment: Improve actions and accountability
• Be more accountable and complete to-do lists and projects
• Overcome self-sabotaging habits
• Effectively manage time, people and projects
• Manage difficult transitions
• Become more strategic and reduce the amount of time and effort required to accomplish tasks

Relationships: Create and sustain enriching relationships
• Attract healthy, desirable relationships
• Learn patience, trust and respect for self and others
• Gain listening and trust-building skills
• Honor yourself in relationships and ask for the things you need
• Find the right person

Decision-Making: Enhance decisiveness
• Develop the capacity to make faster and better decisions
• Prioritize and organize your life
• Create a powerful criteria list with pros and cons
• Know own personal/professional values and act accordingly
• Recognize the potential impact of a choice and understand outcomes

Self-Development: Develop self-awareness and confidence
• Learn about themselves: who they really are and live the life they want
• Reinvent themselves
• Regain self-trust
• Develop confidence, courage, and competence
• Manage and overcome self-doubt
Coaching: Unlimited Applications Cont’d

Strategic Thinking

• Create a strategic plan or budget
• Become a more strategic, systemic thinker
• Think through multiple possibilities to discover the best path forward
• Identify and leverage personal strengths
• Capitalize on what is working and create more opportunities

And the list doesn’t end...

• Become more financially stable
• Develop or enhance a spiritual pathway
• Tap into creativity and write a book, compose a song, design a garden landscape or paint a picture
• Trust in own capacity to do anything they want!