

6 Ways to Get Started Coaching

By LEROY ALLEN (Long time coach.)

1. Start referring to yourself as a coach. This is the best way to get over the emotional hurdle of going from non-coach to coach. Even if you do it just to yourself with affirmations "I am a brilliant successful coach. People love to hand me money for my services." For the next 30 days becoming obsessed with these affirmations.
2. Really understand that you need confidence to make this transition easy and successful. First, it is important to note that nothing outside of oneself (additional degrees, certifications, knowledge) can give you true confidence as confidence comes primarily from within. If you are feeling insecure about telling people you are a coach or working with clients, it is essential that you begin affirmations today. Affirmations are the most effective and the fastest way to increase your confidence. Repeat at least 100 times a day: "I approve of myself," "I love myself," "I am a qualified coach." It will take a few months of dedication but the changes in your life will be well worth the work.
3. Note to self: Fear is normal. Fear is your body's way of letting you know you are doing something you do not normally do. Never fight or try to talk yourself out of fear. Fear is strong. Just accept that you feel it. Acknowledge it "I feel afraid right now." This will lesson the power of it. As you increase yourself worth your fear will become easier to manage.
4. Remember what to say if you are in the middle of a session and unsure what to say to your client. Use whichever question feels appropriate: What do you think is the first to getting to that goal? Or what do you think you should do? Or what are your options here? Your client has all the answers, you just help them get to them.
5. Make coaching your new habit. For the next two weeks ask anyone and everyone questions, questions, questions. All kinds of questions. Are you going to eat that? How was your day? How is your mother? And on and on and on. Then listen, without speaking about yourself, to their answers. This will help makes coaching others become naturally ingrained in you.
6. Understand that when your confidence is high enough, your

clients will be there ready to hand over their money.