



# **How to Become a Life Coach: Influence & Inspire People to Follow their Dreams and Change their Lives for the Better (Personality Development & Self-Esteem)**

*Elaine McGee*

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A life coach can be many things- a cheerleader, an organizer, and a psychologist. People turn to life coaches when they are ready to turn a corner in their lives and get to that next step whether they are happy with their direction and need a little boost or what to stop, spin around and head off down the other path. This book not only explains more about the passion and caring that a life coach must have but more about what it takes to become one, where the industry is headed and other interesting facts.

This book also explores the basics of running a life coaching business for yourself and the things that you will need to know to not only provide the top notch coaching but to prevent professional liabilities for yourself.

Encouraging others to take a risk is in and of itself, a risk and one that you have to be ready to take many, many times over. If you are not willing to hold someone's hand and say "we jump on three" this may not be the profession for you.

## **Here is a preview of what you will learn from this book:**

- The basics of life coaching. What is it? Who can be one? How are you trained? How are you paid?
- The breakdown of the life coaching industry including average salaries, the types of life coaches there are and the areas where they do the best.
- The many reasons that a person might choose to seek out a life coach.
- Getting started as a life coach including how to find clients and setting up a home or professional office.

Whether you want to find a life coach or want to be one, it is an interesting industry and this book covers everything that you should know.

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