
THE 5 BIG CONS OF COACHING



Life coaching is a big Con in fact it's five big Con's I should know I'm a Life coach.
I have also been on the receiving end of Coaching.
Don't start getting the wrong idea it's not the sort of [Con](#) you may have in mind.

These Con's will result in you having more **not less**
These Con's will have a positive effect on your life,
These Con's will bring you Success, empowerment and fulfillment.
These Con's will ultimately determine if your Coaching experience was effective.

*"Restlessness and discontentment are
the first
Necessities of progress"*
Thomas Edison

READ THE NEXT FEW PAGES IF YOU WANT TO FIND OUT MORE ABOUT
THE FIVE BIG CON'S

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The First big **Con** is

Con-fide

By deciding to Confide the client chooses to reveal personal details about themselves and their circumstances.

This is the first step because without the client being honest and open about their life, the coach will not have the necessary information to work with the client on the deeper level that will ultimately bring change.

"Who speaks, sows, Who listens, reaps."

Argentine Proverb



The Second big **Con** is

Con-fer

After the client confides in the coach, an overview of the main issues where change is wanted is revealed. This forms the framework of the coaching relationship.

Another definition of conferring is discussing. By discussing the issues on the clients mind in a constructive manor and asking the most effective and probing questions, solutions are found and goals created as the client begins to realize how best to address their life issues.

Prov 11:14 "For lack of guidance a nation falls, but many advisors make victory is sure"



The Third big **Con** is

Con - firm

As the client and coach confer during the coaching sessions, a greater sense of clarity, direction and purpose is found; this in turn confirms to the client that they are on track.

Having an unbiased, independent, skilled professional to work with and share their ideals also adds further confirmation to the client, that they are taking the right steps towards achievement.

The Fourth big **Con** is

Con - fidence

When the client receives confirmation about the most appropriate course of action confidence begins to grow. Goals and aspirations drawn out by the coaching relationship and ideas which seemed like pipe dreams start to be taken seriously and are tackled in the most effective way to make the dream a reality.

Confidence is a by-product of Faith. Faith is having a positive unwavering belief and mindset about a particular event or outcome. Faith and confidence create a positive high energy (vibration) within the person who has this feeling.

This energy effects the mind/body connection of the individual resulting in positive side effects such as greater focus, motivation, clarity of mind, well being, good posture etc. etc. and the list of benefits goes on.

This high energy of Confidence also affects the outside world. People will consciously and sub-consciously pick up on energy whether it is of a high or low vibration.

If you feel confident about yourself and your abilities, other people will feel confident about you. The opposite scenario is also true.

Energy can also affect other people's moods in a positive or negative way.

To maintain a high positive energy;

- Surround yourself with people who are confident, positive and joyful
- Find time for your hobbies and interests
- Plan to do courses, activities and or reading that help you develop as a person.

Matt 17:20 “ If you have faith as small as the mustard seed, you can say to this mountain move from here and it will move, nothing will be impossible for you”



Having an effective coaching relationship will give you the faith and confidence to move your mountain.

The Fifth big **Con** is

C o n - q u e r

As the client grows in confidence the energy creates positive thoughts, words and actions.

The scientific Law of The Conservation of Energy states that ***“energy cannot be created or destroyed, but transformed from one form to another.”***

The total quantity of matter and energy available in the universe is a fixed amount never any more or less.

The actions resulting from being confident are the ones that tackle the challenges and goals head on in the physical and mental world.

Conquering your life issues and facing your demons is the final stage of the cycle of achieving success and fulfillment.

“Quitters never win and winners never quit”

Completing the cycle doesn't mean an end to all future problems. The coaching process provides the client with the tools to better manage new goals and challenges.

HERE IN LIES THE 5 CON'S OF COACHING.

What does the Royal Flush have in common with Life Coaching?

Here are some of my suggestions;

Poker

An ace-high straight flush such as **A♣ K♣ Q♣ J♣ 10♣** is known as a **Royal Flush**, (five card trick) and is the highest ranking standard poker hand, which defeats all other hands.

Coaching

Applying the five con trick is a formula that will work in all situations with the right conditions in place, victory is guaranteed; A Coaching Royal Flush.

Poker

In the Royal flush the power of the hand is due to the combination of all five cards all of the same suit working together. Individually the cards have less value, the real power comes in the combination.

Coaching

Each card in the Royal Flush can represent one of the con's of coaching, individually the cons have strengths but the real power comes in the combination of all the cons.

Poker

Apart from the Ace which is the trump card. (Victory) the other cards, when rotated by 180 degrees provide a mirror image of the card in its original position.

Coaching

In the coaching relationship, the coach acts as a catalyst and provides a mirror to the client so they can understand themselves better and determine which direction to take.

Poker

The Royal Flush has to contain cards all of the same suit. A mixture of suits could still lead to a winning hand, but is open to defeat from another player.

Coaching

For the coach client relationship to produce a five con trick, the coach and client must suit each other.

Rapport is the x-factor that provides the connection between the coach and client. Rapport creates a special energy which makes the learning and exchanging of ideas easier to take on board, in turn boosting the effectiveness and efficiency of the coaching experience

Poker

The Probability of having a royal flush in poker is 650,000 to 1. In poker the cards are shuffled and dealt face down. The hand we are dealt is down to lady luck.

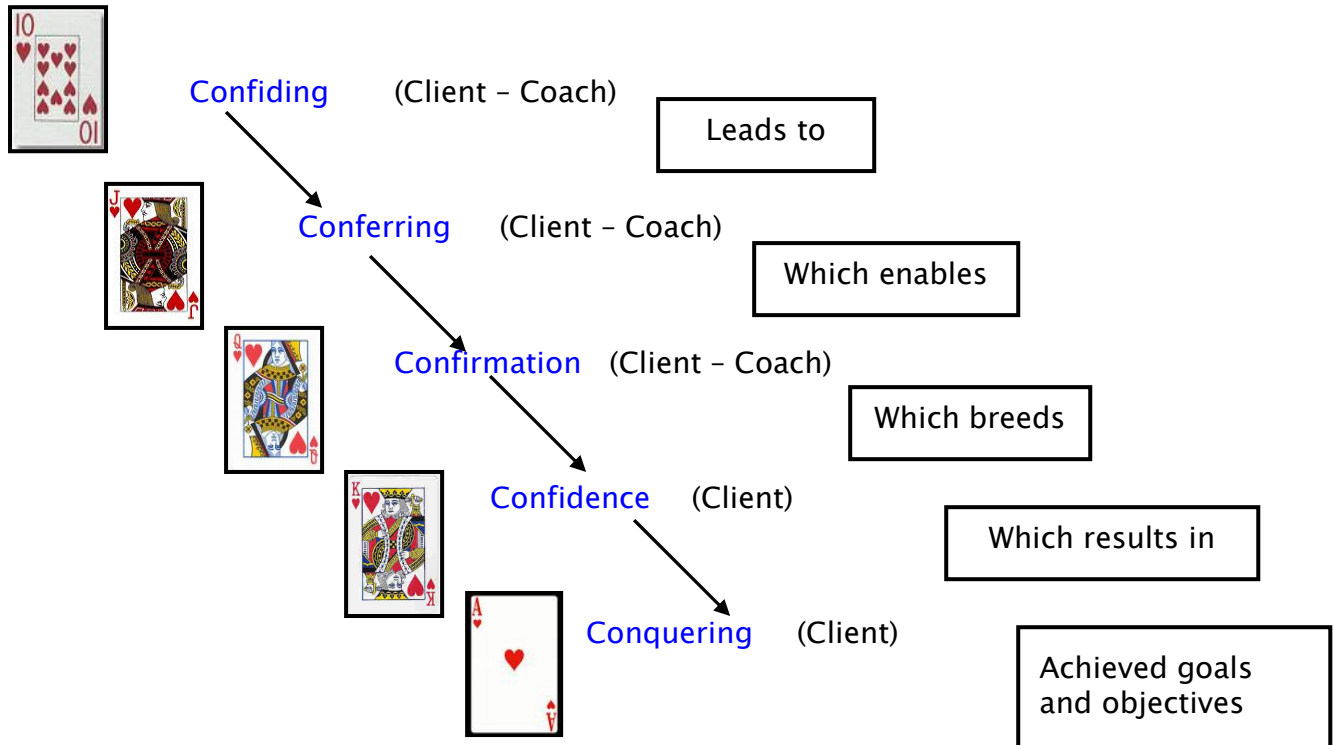
Coaching

In coaching the cards of our life are dealt face up, so clients can see the bigger picture and know which direction to go in. The client can also make better choices as they begin to understand the best cards to choose for their particular situation.

This increases the probability of success as the client consciously makes the right decisions and actions.

Coaching provides the opportunity for the client to produce a five card trick in there lives, over and over again not by fate as in poker but by an understanding of themselves and how to create the lives they want.

In Conclusion



QUESTIONS

- Q1 Which Con do you think is the most important and why ?
- Q2 Who in your life fulfills the Coaching role in each stage of the five Con trick ?
- Q3 Do you think your goals would be achieved more effectively on your own or with some outside assistance ?
- Q4 Do you want to be part of this Con ?



To find out more about the Coaching service I offer, and an informal chat with no obligations, contact me using any of the details below.

FREE 15min taster sessions are also available

I am also open to discussing any new business ideas relating to joint ventures, partnerships, networking etc.

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*"Alone we can do so little;
together we can do so much."*

Helen Keller