

Why Men need a Life Coach

Why did Moses spend 40yrs wandering in the Promised Land? Because he refused to ask for directions" --Barbara Pearse

Men generally do not like to ask for help, it is part of their DNA, they also do not like to show emotion, there is however one arena I can think of where this stereotype is turned on its head and that is in the arena of sport.

Call something a game or competition, then all the help available and all the emotions can be implemented without fear of diminished manhood.

Its not ok to cry, if you have bad news of a friend passing away or you have been made redundant, but if your football team gets relegated or you win the cup, you are free to express whatever emotion you want and it's deemed acceptable.

Most sports also involve some form of coaching or training, again in this arena It's fine for a man to admit to having a coach and being part of team, following instructions frameworks and team patterns of play.

If a football manager does not affect the players and the destiny of the club Why do fans get so upset or elated when a new manager is bought in? Why does the manager not the players get sacked for an under performing team? How does a manger create a team to play the way he wants it to?

Quiet simply by saying and doing what he believes in, using the most effective methods he knows. What also makes a good manger great is the understanding of his individual players, what makes each one tick and how to get the best out of each team member player as the saying goes "Horses for courses".

If this is the case in the sporting world how much more need is there in day to day life to have someone or something we can turn to, who will enable us to develop as people. Coaches and mangers are paid thousands of pounds a week to develop systems of play like the diamond formation.

If the benefit of coaches and managers can be seen in a football a simple game involving 22 players and a round ball what benefits could coaching have in everyday life situations such as; Relationships, Career, Health, Spirituality, Work/Life balance and the list goes on.

"What do unsuccessful football teams and unsuccessful people have in common? No goals"

Comparing the two, the client is the manager and the facilitator is the coach. The manager i.e. you is ultimately in charge of your game of life, this game is far more complex than an 11 a side afternoon match, this game could involve women, children, homes, family, work, travel, illness, divorce, marriage, divorce, marriage and war the topics are endless and multi-faceted.

Which game would you say has a greater need of coaching the game of football or your game of life?

We can only truly realize our full potential once we admit that we don't have all the answers then we can learn from everyone and every situation.

That mindset enables us grow and develop as individuals, life is always moving forward, if we stand still we get left behind. There is always a better way, if you feel frustrated in life it is because there is a part of you knows that. What change will you personally make to find the method that works for you?

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