

# 10 surprising BENEFITS of having a LIFE COACH



**MIGUEL ALFARO**





# 10 SURPRISING BENEFITS OF HAVING A LIFE COACH

Some people are not too sure what Life Coaching is and how it can have a tremendous impact on all areas of their lives. Just as an athlete relies on their coach for direction, instruction and training a life coach can help provide the results you want to achieve in all aspects of your life.

Looking back at my past experiences I have realized that I have always been a life coach, but it wasn't until a few years ago that I became a life coach formally. I remember people would come to me for advice, motivation and an alternative perspective.

My ability to think clearly and analyze different perspectives with the utmost respect was why people felt confident coming to me for advice. I have also had friends and mentors who have helped me grow personally and professionally –reminding me of what was possible for my life and my future. It is with great pleasure that I now dedicate my life to returning this favor.

Here are 10 surprising ways your personal and professional life can benefit from having a Life Coach.

# 1. Gaining clarity about what you want.

Sometimes the biggest questions you can ask yourself is: Who am I? What is my purpose? Where can I find fulfillment? But what if you're not entirely sure about the answers to these questions? Having a life coach can help bring clarity to your life and help you answer these challenging questions.

Whether you're going through a career change or a life change and feel unsure of what's next, a life coach can help you outline certain objectives and help you bring clarity and fulfillment to your life. My passion is aligning you with your truth, leaning into what you want so you can operate from a place of purpose and meaning. Loving your career, life, and relationships.

The role of a life coach is simple, we ask challenging thought-provoking questions that help you discover where you want to take your life whether it be in a few weeks, months or years. I help you uncover mental blocks that you have unconsciously placed and helped you overcome them. Thus allowing you to gain clarity about what you want and how you want to accomplish your goals. Becoming clear on who you want to become, what your passion and purpose is, and what is most important to you.









## 2. Improving confidence

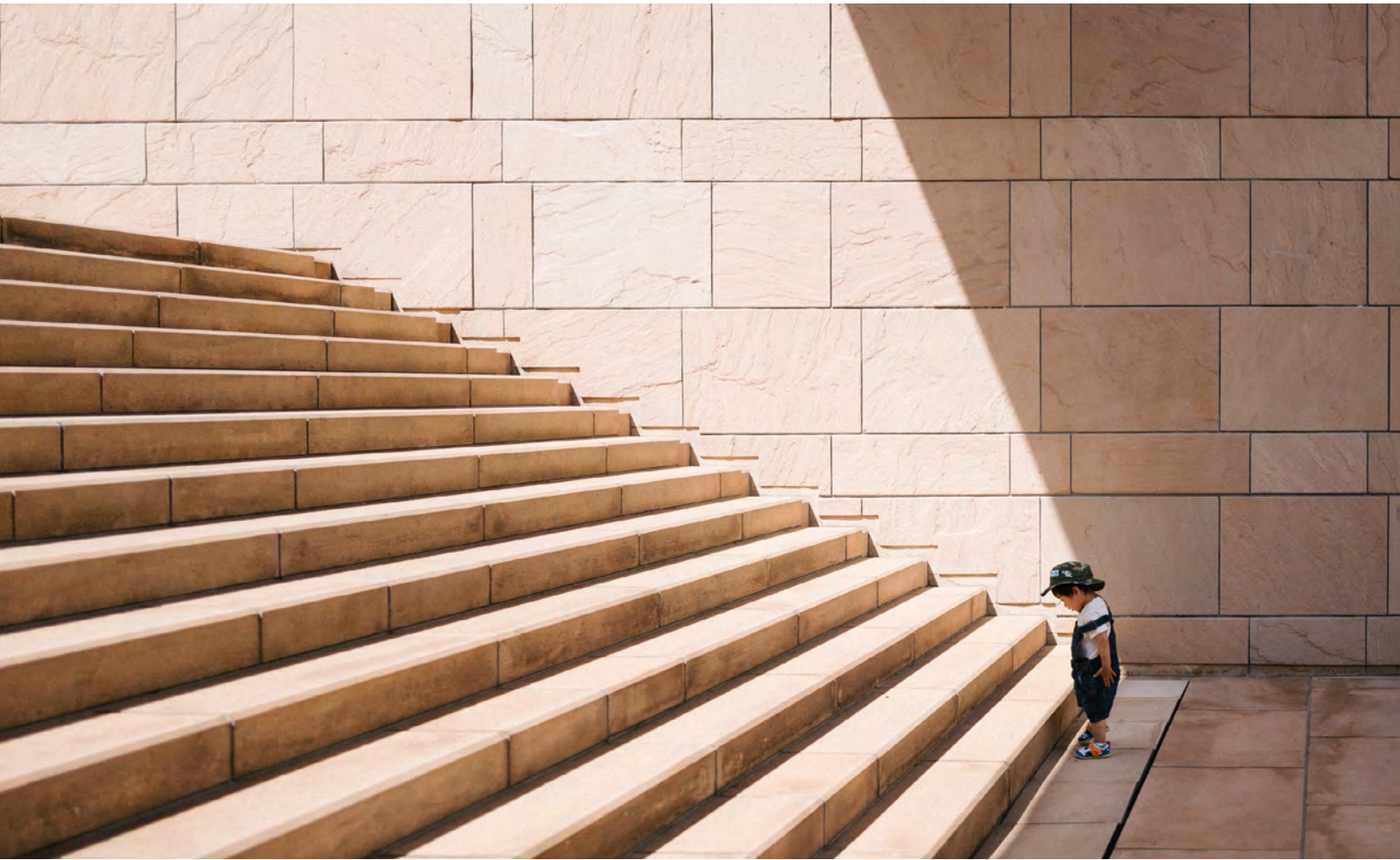
Let's face it confidence is important to your career success. It is the state of being certain with one's self and finding assurance. Improving confidence and developing an empowering self-image are essential for success in the workplace, as well as physical health and in our intimate relationships. Having a life coach can help improve your confidence levels because you won't be alone to face certain challenges.

A coach helps you recognize your worth, raise your standards and see yourself as someone who deserves the best out of life. That will empower you and fuel you towards your greatest goals.

While the road to success is always filled with challenges and roadblocks, the right mindset will allow you to move forward no matter what stands in your way. The career, fitness level or relationship that you have always wanted is closer than you think, and learning to master yourself will open many possibilities that you never thought were possible.

A coach will aid you in your quest to realize the things of which you are capable, you will discover that your vision is within reach, and not many experiences compare to the joy that comes with living your life to the best of your ability.





### 3. Implementation

The coaching process is a collaborative one of the most effective way of using coaching is to implement ideas and techniques you discover within our coaching session and apply it to your real life. This helps bridge the gap between theory and practice. I help you identify areas in your life that need improvement and we work together to create new ways to approach this scenario. By putting ideas into practice you can test the outcome to acquire your desired result.



## 4. Overcoming obstacles, fear, and insecurities will set you ahead of the pack

Most people run from their fears, you will learn to recognize them and allow them to drive you towards achievement. My job is to empower you to overcome any roadblock that tries to hold you back from reaching your full potential. Getting started and staying on the right track is not as hard as you think, and following a few tips will make a difference. Overcoming fear and uncertainty will get you moving, but you will also need to unlock your deepest motivating factors if you want to reach your desired outcome. The feelings of achievement and fulfillment are worth the effort, and you will know that investing in your future was the right call when you see what you can do.



## 5. Recognition of the possibilities for your life

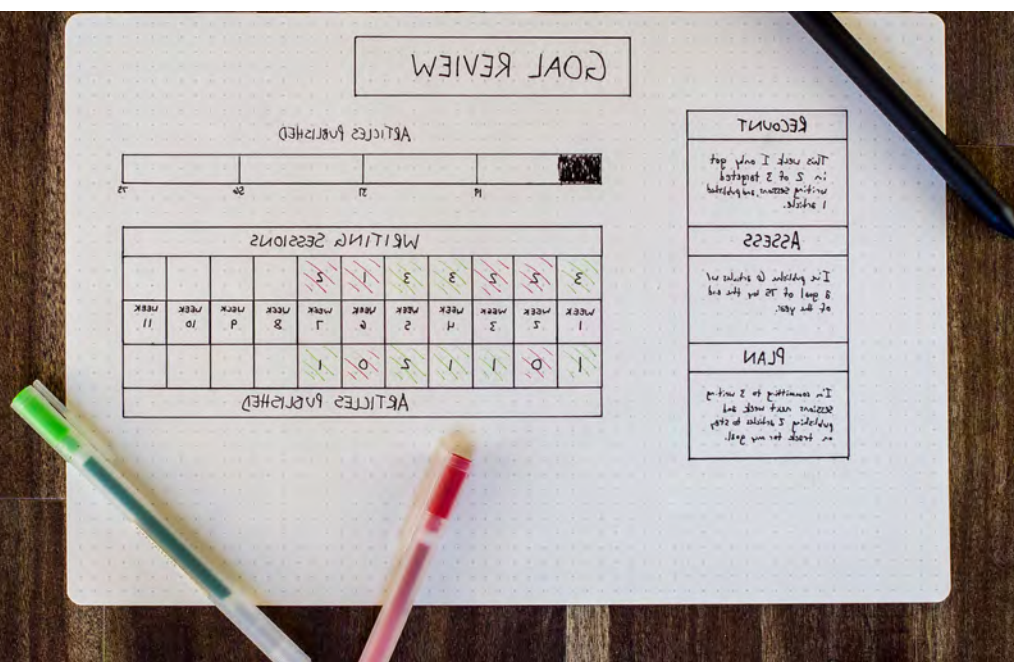
Most people see life as fixed, permanent, as having no choice or no control. With a coach, you can receive an outside perspective and realize that you have many options regardless of circumstance. Having a coach can benefit you because part of my job is to help you discover what you find meaningful in life and your career. I use thought-provoking and deeply meaningful conversations that help you understand what gives you purpose in life and in what direction you wish to take your life.

## 6. Creating a plan to reach your goals faster

Most people don't have a life or goal plan; they approach life day-to-day with no clear intentions, vision or mission. All that changes with a coach. A coach helps identify strategic ways for you to achieve your goals. Whether it be getting a new raise in your current career or improving employee productivity at work, a coach can help you visualize a road map on how to get there. Planning the first step and then subsequent steps after that will create different possibilities for you to tackle any problem that you may face when trying to achieve your personal or professional goals.







## 7. Someone to hold you accountable

Being able to check-in with a life coach weekly is like having a best friend whose sole purpose is to help you succeed and hit whatever target you have set. Sometimes it is hard to find people in our lives who can honestly hold us accountable, all while cheering us on and motivating us throughout the whole process.

A coach provides an unbiased perspective and a clear understanding of where you wish to take your life. As human beings, we are susceptible to making bad decisions or even not being strict with ourselves when it comes to achieving a certain goal. By having a life coach you are guaranteed to stay on track to achieve your goals because there is someone there that can keep you to your word and help see you overcome it. Life coaches help you follow up on expectations when you say you are going to help keep you consistent and ultimately on the right path to success.



## 8. Increased self-esteem

Suffering from low confidence and self-worth can be draining, but these qualities can both be developed with the help of a life coach. Life coaches have the tools and techniques to help you develop your confidence and self-belief. By seeking the help of a coach you can raise your self-image and create a positive outlook on life, starting from within. It can also help you challenge your beliefs that you have about yourself, boost your self-esteem and help you build a strong and positive self-image.

When you start coaching sessions, the first thing to do is understand your current level of self-esteem, then you have a base to build upon. You'll gradually increase your self-worth and confidence over time until these traits become deeply ingrained facets of your personality.

If you truly believe in yourself, so will others. Deeply ingrained confidence and self-worth will make life more enjoyable, exciting and satisfying.



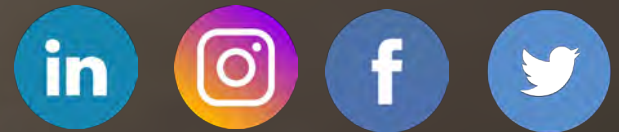
## 9. Improved business management strategies

Having a coach can improve your business management strategies. Coaching in a business environment is a training method in which a more experienced or skilled individual provides an employee with advice and guidance intended to help develop the individual's skills, performance, and career. For example, maybe you're a supervisor and are responsible for the work productivity of other employees. A coach will help you identify new ways you can approach challenging situations to maximize employee productivity. Together we practice active listening and ways to improve your existing business management skills and how you manage others.

## 10. Having a coach can improve your outlook on work and life.

Lastly, having a life coach can help people define a vision for their lives and help people seek new and creative ways to improve their life overall. Whether it be helping you identify and transition into a new career field, guide someone on how to successfully run their business or manage their staff. Simply put a life coach empowers their clients to be the best they can be in all areas of their lives, working towards one goal can open up a million other doors. Having a life coach can keep you accountable and dedicated to overcoming your obstacles to achieve success in all areas of your life.





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Accomplished Digital Marketing Strategist, with a Bachelor's of Arts in Philosophy and Certified Coach recognized by the International Coaching Federation (ICF).

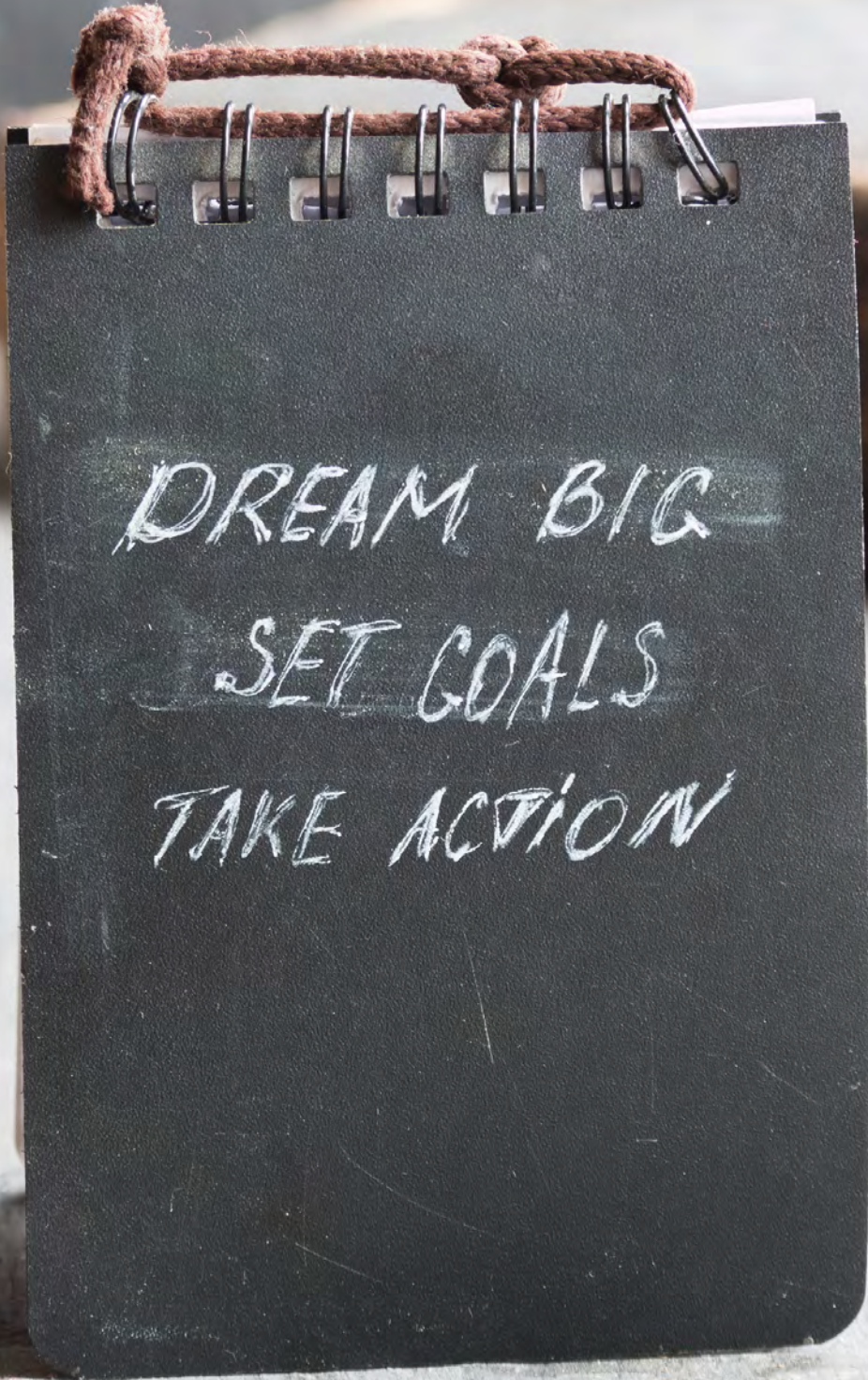
As a digital marketing CEO of MGA Nexus Marketing I focus on the strategy, execution, analysis, and on-going optimization of successful online marketing programs for industry leaders. Effectively utilize competitive analysis, market research and statistical surveys to assess business plans and provide solutions to foster growth and increased productivity.

As an Executive and Personal Coach, I encourage clients in a thought-provoking and creative process that inspires them to maximize their personal and professional growth. Help clients with their own self-awareness, identify strengths and weaknesses and apply skills to become a true leader within their own field. Facilitate learning, create results and encourage clients, allowing them to tap into their potential, unlocking sources of creativity and productivity.

I look forward to meeting you! For coaching services please refer to [info@miguelalfaro.com](mailto:info@miguelalfaro.com) or visit my Social Media Accounts.

*Miguel Alfaro*





DREAM BIG

SET GOALS

TAKE ACTION