

LEADERSHIP/CAREER COACHES CAN HELP YOU DEAL WITH ADVERSITY



When you discover a good leadership/career coach, they can help you with several aspects of your life. They will show you methods to overcome aspects of your life that are holding you back. They can also help you when you face adverse situations and can give you the guidance you need to help you pick up the pieces and get back on track.

They may start by carefully exploring your current situation, getting to know you, and likely offering assessments. Strengths, preferences (type or personality), Emotional Intelligence, or Learning Styles are common options. They may also start by emphasizing that you be positive and use techniques such as affirmations to retrain your brain to think positive thoughts. That is one of the biggest means to deal with adverse situations. It won't prevent you from dealing with them, but it will help you focus on what is important. You need to practice these affirmations for them to be effective. It's not a casual exercise that you do whenever the mood strikes. Make it a daily habit. Your coach will know if you are not practicing them.

Prepare for your leadership/career coach to be truthful. The truth hurts, but it may be what you need to get past your situation. When you get caught up in blaming others and not taking responsibility, they will be quick to point this out to you. A good coach will present it in such a way that you will come to the conclusions yourself. And that makes it easier for you to accept and counter the action.

When you decide to use a leadership/career coach, don't blame them if it doesn't work out. That is, of course, assuming you chose a qualified coach. It's not difficult to find a good coach if you take the right steps. Ask friends and family. Do a bit of digging to learn about their background.

Coaches are going to encourage you to step outside your comfort zone. Most coaches will use this to help the people they coach break away from bad habits

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and form new ones. It is called a comfort zone for a reason. It will be awkward, and at times, you may get angry at their suggestions.

If the adversity you are dealing with is from the result of a traumatic experience, a life coach may not be qualified to handle such a deep situation. In this case, seek out a professional who has qualified in that area. You can still choose to use the life coach for other aspects of your development.

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Want to take a deep dive into stepping outside your comfort zone? Email for detailed information on a comprehensive program about your “Discomfort Zone”

