

Life Coaching

When Susan Prince began the Coaches Training Institute's 2-year Certification program, it was required that she have 5 enrolled clients. This felt daunting, as she had no prior experience. But as time went by, it became a very positive process. And actually, for the traditionally trained therapists in the program, a certain amount of unlearning was necessary.

The first thing to grasp about Coaching is that it is not about trying to fix anyone. The second thing is to learn to become very curious and to ask good open-ended questions. Life Coaching is based upon the principle that everyone is creative, resourceful and whole. In other words, as healthy people, we all have the capacity to answer our own questions and to intuitively know what is best for us. What a good Coach does is help guide us to our own discoveries.

Of course there is still a lot to be learned in order to become a Certified Coach. There are three main processes that are used: Fulfillment (what would your life be like if), Balance (try on all the different perspectives that you have on an issue and choose the best one) and Process (how and where is an emotion manifesting in your physical body in this moment). Sometimes all 3 techniques are used in a single session.

People come to a Life Coach for various reasons. They often are in a place of huge transition and are on the verge of redefining their life. Sometimes they are just in a rough patch and need to be guided through it. And other times, they may be launching a new project and need a structure to follow. The people who Susan most loves to coach are willing to think out of the box and take emotional risks. This means embracing the discomfort of breaking out of those old, predictable patterns.

Susan explains that this is why she calls her business **Go Beyond Your Edges**. Facing what feels the most uncomfortable is often the catalyst for major positive change in our lives. In fact, she goes on to say, it seems to be human nature that change is scary. We tend to get quite attached to the status quo whether or not it is good for us. As a Life Coach, Susan looks for the places where this resistance shows up and helps her clients move through it in order to be able to find more clarity and freedom. To live a life of joy and harmony is really the ultimate goal.

From her work as a Life Coach, Susan has also developed a series of empowering workshops for women. Currently she's offering *Awakening the Wise Woman*, for women over 50. This is an opportunity for women to come together to share both the challenges and gifts of getting older. One workshop will be held in Inverness Park on March 12 and another, more expanded version, will happen on the Big Island of Hawaii from April 14 – 17. For more information on Workshops or Coaching: please call 415 663 8717 or see her website (www.gobeyondyouredges.com).