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Be the best coach you can be! by Fay Pratt

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The road to becoming a professional coach

There are all kinds of coaches in life. There are sports coaches. There are life coaches. There are teachers. There are parents. Anyone who guides others through a phase or aspect of their life can be considered a coach. But where do you get the know-how to become a professional coach?

For those who want to become a professional, certified coach, there are comprehensive coach training programs. These programs are designed to equip participants with all of the background, skills and knowledge necessary to be a successful coach in their chosen field.

Coaching training programs vary, but you'll want to look for one that is from 12 to 24 months in duration, one that combines both theoretical training and hands-on practical experience so that you not only learn the theory behind what it takes to be an effective, inspirational coach but also that you learn how to apply those theories to real-life situations. A program that encourages an interactive classroom experience and dialogue will be much more effective in teaching you coaching skills than one that focuses mainly on theoretical teaching. By having the opportunity to discuss the kind of situations a coach may encounter in real life and apply what one has learned in the classroom, learning comes alive. What's more, coaches can feel confident after they complete the program knowing that they can effectively use what they learned to help others.

Look for a program that will lead to certification as a coach. A good coaching program should include a variety of teaching media, including mentor coaching, group coaching, webinars and other dynamic ways to learn. A good certified coaching program should help future coaches to help others reach their life goals easily and effectively.

The benefits of taking a coaching certification are many, even if you don't plan on making a career of being a coach. Coaching skills can improve your effectiveness to tackle many roles in your life. In the workplace, you can better manage your employees or team to work toward a common goal. You will learn skills that will help you to motivate and inspire your employees to do their jobs to the best of their abilities and for the better of the entire organization.

If you are deal with children, such as a sports coach, camp counsellor or teacher, a certified coaching program can help you immensely. Today's children can be a challenge to inspire and motivate, but effective coaching skills will help you to manage conflicts, promote teamwork and co-operative learning, and more.

The benefits of learning coaching skills can permeate so many corners of your life! Whether you want to be a professional life coach and have your own coaching practice or whether you want to simply be a better coach in another aspect of your life, a certified coaching program such as the one offered by Academy for Coaching Excellence can help. They will give you the skills you need to be an effective coach in any way you choose to be one.

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