Hire a Life Coach or Take a Vacation?

by Tim Brownson

Article published on March 10th 2012 | Self Help

Prior to becoming a professional Life Coach in 2005 I spent the best part of two decades working in sales. To say I was stressed would be a huge understatement and thatâ€™s why I hired a Life Coach at the time to help me sort through some problems.

During my pre-Life Coaching years I spent a lot of money on vacations. It wasnâ€™t unusual to spend the equivalent of $10,000 in a year in an attempt to get away from it all and hopefully recharge my batteries.

The vacations worked up to a point and I usually did return to work in a better frame of mind. But that seldom lasted past the first wave of downloading e-mails that had been accruing in my absence.

The problem with taking vacations is that seldom do they ever make any long-term difference to anybody's lives. They are nice and as a Life Coach I encourage clients to take them whenever they can, but they are not a cure to anything and they rarely promote long lasting beneficial change.

Of course there can be exceptions to that if a vacation is a meditation retreat, a learning experience or some life changing event happens when away, but largely speaking lying on a beach doesnâ€™t change much in peoples lives.

It took me a long time and a lot of money to realize that and understand that if I wanted to feel better about myself and my life I needed help in the form of working with my own Life Coach.

When I originally started researching back in late 2003 Life Coaching I was shocked at the cost. There wasnâ€™t the massive amount of Life Coaches that there are today and those that were practicing tended to be expensive, at least in the UK.

Then one day my wife said to me something along the lines of, â€œWhat is the return on investment of hiring a Life Coach?â€• I was stunned because even though I was always talking about ROI with clients I had never stopped to consider it with something like Life Coaching.

I thought nothing of laying down $3,000 for a weeks luxury vacation, but I was baulking at investing $1,000 on my long term future. How nuts was that?

So spurred on by my wife I dived in and hired my first life Coach. I say my first Life Coach because I have since worked with another three because that is the value I place on coaching.

Did I get my money back on that $1,000 investment? You bet I did. In fact Iâ€™m probably not exaggerating when I say I got it back 100 fold because Iâ€™m pretty sure Iâ€™d have burned out by now hadnâ€™t had the help of a Life Coach to make me realize that I needed a change of career.

Iâ€™ve had some great vacations, but none that have continued to give years after I paid off my credit card bill.

Article Source:
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Are you looking for a a life coach to help you get clear about the life you really want? Be sure to visit my site to learn more about a life coaching .

Article Keywords:
life coach, life coaching, core values

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