

# Life Coaching

Ideal for: All individuals  
including Coaches



Coaching.  
Humanised.

Life Coaches help you identify and focus on what's important, which accelerates your progress in your life. Based on our code of ethics and ttm's values, our coaches create a safe environment in which people see themselves more clearly; Identify gaps between where the client is and where the client needs or wants to be, thus work with the client to find his/her path and put it into action with accountability.

The coaching process addresses either specific or general conditions and transitions in the client's personal life, by examining what is going on right now, discovering what your obstacles or challenges might be, and choosing a course of action to make your life be what you want it to be.

# ONE TO ONE LIFE COACHING

Dev Pathik explains the importance of life coaching beautifully in his 2017 TED Talk, The Power of Self-Coaching. He says:

“the best in you is waiting for the coach in you to speak up.”

## THE NEED FOR LIFE COACHING

Life Coaching is a profession that is profoundly far from consulting, mentoring, advice, therapy, or counseling. It's about our daily lives. Every day we make choices to do or not do things. These choices may range from profound to trivial and each one has an effect that makes our lives more or less fulfilling, more or less balanced, that make our process of living more or less effective. Life coaching helps you learn how to make choices that create an effective, balanced and fulfilling life.

Studies conducted by the International Coaching Federation on the effectiveness of life coaching showed 99% of the people they interviewed saw their experience working with a life coach as rewarding, while 96% stated they would do it again.

# One to One Life Coaching

In addition to the face to face option, connecting with your life coach online allows you to choose the life coach you want, no matter where you are in the world. It also makes it easier for you to squeeze working with a life coach into your busy schedule. Life coaches help you sort through your priorities to refine and reframe your goals.

We believe that you know the answers to every question or challenge you may have in your life, even if those answers appear to be obscured, concealed or hidden inside, therefore we will always be powering back the questions to you and ensure you master your own destiny to achieve your goals with ownership and accountability.

Feeling stuck? In a rut? Life coaching helps you identify and change those areas of your life which you find unfulfilling or unsatisfactory. - You know you need a Life coach if you are seeking support in one or more of the following:

- Confidence, Self Worth & Self Esteem
- The Mastery of Balance - Juggling a Life
- Self Care - Getting Your Own Needs Met
- Living Your Purpose
- Hot Buttons - Managing Anger

- Upsets, Frustration and Stress
- Managing Grief, Loss, Sadness and Change
- Self & Identity
- Surviving the Oppressive Over - Culture



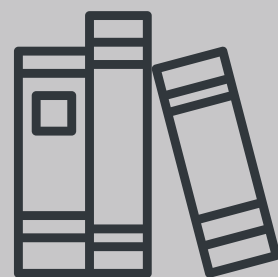
## THE DISCOVERY SESSION

- The style of the coach and how that resonates with the coachee
- Rules of engagement and protocol (Coaching is confidential and priority to the client, no one else!)
- Coach and coachee discuss personal goals with the coachee defining his own success measures – (how success for coaching will be measured)
- Agreement to move forward



## COACHING SESSIONS

- Session every 1-2 weeks
  - Capsule Coaching: 3 Sessions of 30-45 minutes each
  - OR
  - Full Coaching: 6 Sessions of 60 minutes each
- Extra sessions as required (on demand) if needed
- Digital Sessions
- Check-in and follow up on set goals
- Coach on goals
- Set accountabilities



## BETWEEN SESSIONS

- Access to coach – email
- Coachee to notice results, record actions and reflect on outcomes
- Coachee stays aligned with his/her own goals and accountabilities



## EVALUATE AND CLOSE

- Final session to celebrate success
- Plan forward
- End of engagement

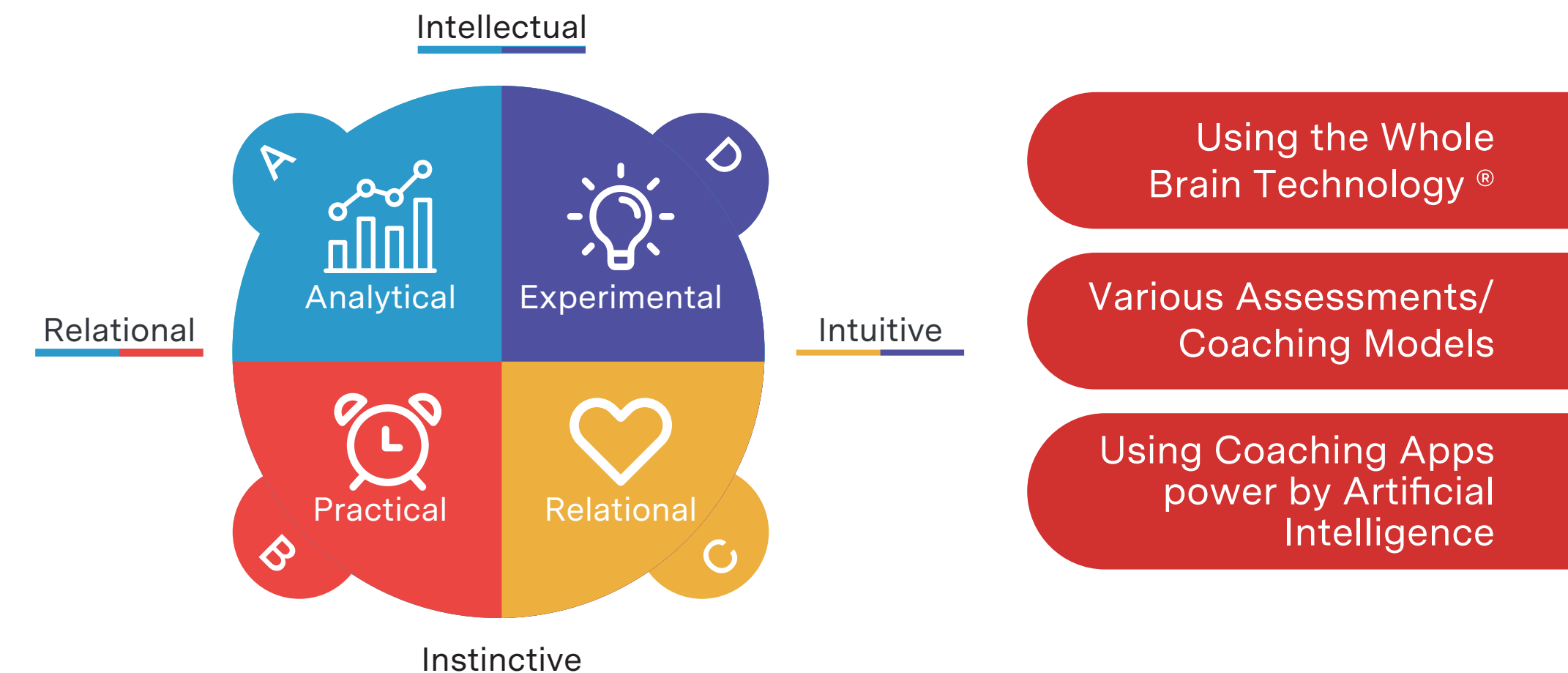
## MATCHING & FINE TUNING USING WHOLE BRAIN TECHNOLOGY

TTM coaches understand the pivotal role played by the brain in both the client's and the coach's capacity to adapt effectively to meet the demands of a situation and to successfully navigate crisis and transition. The coach can provide the ongoing relationship that stabilizes situations and facilitating changes in the client's brain. The very extensive research into the brain combining the work of many neuroscientists such as Paul Maclean who was the first to give systematic thought to the evolutionary development of the brain defining the Triune Brain, Roger Sperry's lateralization theory, and later by Ned Herrmann to define how the brain works as a whole, not just work out what each bit does.

Change that will last originates in the limbic system through emotions being fired that will create and support the neural pathways upon which change depends. The emotions are especially aroused during crisis, and during transition they need consolidating in new pathways.

From a brain-based point of view, the primary coaching task TTM follows is to create the optimal conditions for brain change. The coaching relationship is the foundation for the work of the client's brain in making sense of their unique situation. Meaning and sense-making are crucial to this process. The attachment emotions of trust and joy facilitate change. The survival emotions of fear, anger, disgust, shame and sadness inhibit change. Surprise creates possibility and potential.

## TTM Coaching Methodology



Effective coaching needs to manage energy in the coaching session in order to create shared 'sense making'. Mindfulness training is good way of doing this (Hall, 2013). It allows the brain to start functioning in such a way that the mind can entertain a 'plane of possibilities' (Siegel, 2010) that makes transition possible, overcoming the confusion or rigidity that is characteristic of a mind grappling with crisis.

Enough understanding of brain and behaviour gives the coach a body of professional knowledge that has worldwide applicability as the underpinnings of coaching technique and method. At the same time, Applied neuroscience offers coaches the opportunity to become the coach not only to the individual or team but, as an expert in brain and (emotionally driven cognitive) executive behaviour, to the whole organisation.

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