



**Barbara M. Walker**  
M Ed., MBA, CPCC

*The Retirement Lifestyle Coach*

### **So Why Do I Need A Coach?**

Your friend has a coach and he says it is the best thing he has ever done for himself. You don't understand what he means by coaching but you think you would like to have a coach. So why do you need a coach? Here is what coaching is about.

Is coaching about setting goals? Yes, but not just any old goals—only ones that line up with your values and priorities.

Is it about working on life balance? Yes, but not from an external place such as “I must lose 10 pounds” that can be dismissed or rationalized by the clever little gremlin, but finding the place you really want to “be”, making this the most important place in your life and arranging everything else around it.

Is coaching about motivation? Yes, but not with a carrot and stick (although celebrating achievements both mental and physical is encouraged), but searching for that most compelling place that then pulls you along towards your vision of fulfillment.

Does it avoid the negative? No, dismissing anything is not allowed, and there is real value in looking in your most uncomfortable places and realizing that what you cannot tolerate in others is your own most undesirable quality.

Is coaching about going after anything you want? No, you can create or buy most of what you want, but even when you have it all you still may not be satisfied. Coaching is about working at a deep level to make important distinctions and informed choices.

In coaching you examine many perspectives around a problem that all work, and you weigh, decide and commit to the one that really feels right. You make decisions based on how you feel rather than on what you think.

In coaching you come to realize your life purpose. You see yourself 20 years in the future and create the vision that inspires you to personal growth and your ultimate life journey

Your coach will listen to everything—even what is not being said and encourage you to use your intuition to gain insight and knowledge about yourself.

Your coach will call you on negative self-talk and procrastination. She will challenge you to create a BIG picture and not settle for what is small or easily accessible.



**Barbara M. Walker**  
M Ed., MBA, CPCC

*The Retirement Lifestyle Coach*

Your coach will hold you accountable for what you say you want to do. She will champion you all the way and help you reflect on the growth you are making and the insights you are gaining.

Your coach will help you be aware of all aspects of your life at the same time and help you bring them into a balanced whole. She knows that you are creative, resourceful and whole, yet she will intrude and take charge in the interest of you learning about yourself.

Most of all, your coach will hold you to your own agenda by being endlessly curious and asking important questions. She will be there when you face your deepest fears and move you into your greatest power.

So, why do you need a coach? So that as you grasp real insight, you integrate this into your plans and future dreams to create a magnificently whole and fulfilling life for yourself.