

Life Coach

What is it?

A life coach is a professional who helps individuals achieve personal and professional goals by providing guidance, support, and accountability. Life coaches work with clients to identify their aspirations, overcome obstacles, and create actionable plans to reach their desired outcomes. They may specialise in areas such as career development, health and wellness, relationships, or personal growth.

Qualifications/Experience Required:

Qualifications in psychology, counselling, or a related field is required. Many coaches also choose to complete accredited training programs or certifications to build their credibility and skills. Organisations such as the International Coach Federation (ICF) offer certification programs that include training, mentoring, and practical development roles.

What the Work Involves:

Conducting one-on-one or group coaching sessions to help clients set and achieve their goals.
Developing personalised action plans and strategies tailored to each client's needs and aspirations.
Providing motivation, support, and accountability to clients as they work towards their objectives.
Utilising various coaching techniques and tools, such as goal-setting frameworks, visualisation exercises, and reflective questioning.

Future Prospects – Labour Market Information:

The demand for life coaches is growing as more people seek professional guidance to navigate personal and professional challenges. Life coaches can work independently, join coaching firms, or offer their services within corporate settings.

Average annual Salary - £20,000 - £60,000

Typical weekly hours – 16 – 37 per week

Type of person who may be suited to this job:

This job may be suited to individuals who are empathetic, supportive, and excellent communicators. Life coaches need to have strong interpersonal skills, active listening abilities, and a genuine interest in helping others achieve their potential.

Money/Wage Guide:

Earnings for life coaches can vary widely based on experience, reputation, and client base. Entry-level life coaches may earn around £20,000 to £30,000 per year, while experienced coaches with a strong client base can earn £40,000 to £60,000 or more annually.

Related Opportunities:

- Career coach
- Executive coach
- Health and wellness coach
- Mentor or counsellor

Further Information:

International Coach Federation (ICF):
<https://coachfederation.org.uk/>

The Coaching Academy:
<https://www.the-coaching-academy.com/>