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If you enjoy helping people, giving solid advice, and you have a clear sense of how to assist people in achieving their goals, you have the perfect personality to become a life coach. This career path is becoming more and more popular, with colleges and technical institutes around the world offering courses in how to become a life coach.

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You don't need any formal or academic qualifications to become a Life Coach, but potential clients might look upon you more favourably if you have an industry specific qualification – such as the Life Coaching Diploma or Level 3 with Official Certification. It's also a good idea to become a member of a professional organisation like the Chartered Institute of Personnel and Development or the British Psychological Society.

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How long does it take to become a certified life coach? Generally, a life coaching certification program should take from several months to a year or more to complete. For a point of reference, most professional certification programs of any kind take one to three years.

How to Become a Life Coach: 7 Steps for Success

Life coaches work with clients to: talk about their situation. discuss their values, attitudes and beliefs. help them to set suitable goals for change. break down these goals into small steps. look at ways of overcoming barriers and setbacks. support them to stay motivated and committed.

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Once you complete the iPEC life coaching course, you can go on to earn additional specializations in areas such as sports performance, health and wellness, business leadership, couples coaching, and more. This certification can take seven to nine months, and the full program cost is about \$12,000.

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To become a successful life coach and to reassure clients that you're trained to a high standard, consider taking a life coach training course that is accredited by coaching associations such as: Association for Coaching (AC) British Association for Counselling and Psychotherapy (BACP) European Mentoring and Coaching Council UK (EMCC UK)

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This means practicing with your friends, joining Meetups with other coaching-minded individuals, and reading books on life coaching. Far and away the most popular book on the art of life coaching is Walks of Life, written by the certified coaching professionals at the National Coach Academy (NCA). It's full of real coaching conversations and proven techniques to help bring out the best in your clients and further hone your skills as a coach.

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