

## **Robert Jason Grant Ed.D**

### **Life Coaching Overview**

In my Life Coaching process, I believe that clients are, in general, mentally healthy and do not suffer from mental health issues that obstruct their ability to achieve their goals. The client is not an empty receptacle for me to input knowledge and experience, the client can tap into their creativity, resourcefulness, and adaptive abilities. The Client can possess the ability to make changes to their thinking, belief systems, and behaviors, and are able to grow.

Life coaching is not therapy or counseling, which pairs a mental health professional with a client seeking guidance around mental wellness. It's not mentorship or training either, in which a professional is paired with a more experienced professional.

Life coaching can help with creating and achieving plans and clarify the path that someone needs or wants to progress through and how to navigate. It is a partnership between the life coach and the client designed to help the client explore their options, focus on their goals, and create a personalized action plan.

Life coaching can address a broad range of goals including work and career navigation, expanding social life, creating an ideal life balance and improving independence, finances and self-advocacy skills. This can be achieved through smart goal setting and better follow-through, self-regulation, enhanced communication and problem-solving skills, and client empowerment.

### **PHILOSOPHY**

- There are one or more identified objectives. The coaching process must have objective(s), whether it is to help the client find fulfillment, life balance, or to optimize the client's life to promote learning.
- There are one or more identified goals. Life coaching must operate with a set goal(s) that is realistic, achievable, and measurable.
- There is a client-centered approach. A great life coaching experience extends this approach to all levels and all interactions, keeping the focus on the changing needs and goals of the client always.
- There is a focus on the present but with a future-oriented mindset. While life coaching must be based on the client's current circumstances and opportunities, the coaching process must be aware of how current beliefs and behaviors will affect the client's future and plan for future that is both desirable and attainable for the client.
- There are no judgments and no assumptions about the client. Unconditional regard should be given to all clients, meeting each client where they are and how they are thinking and feeling.

- There is a focus on motivating the client by being challenging and empowering, supporting clients by acknowledging their efforts and successes, and holding clients accountable for their actions.
- There is an awareness that the coaching relationship is dynamic, being ready to adapt and flexible to the client's changing needs.
- There is a focus on a client-centered approach that values the client as an individual with unique needs, strengths, and experience.
- There is awareness that the focus of life coaching must be on the client's whole self, not just specific pieces of the client's personality or in only certain spheres of the client's life.
- There is a mindfulness that life coaching must acknowledge and encourage what is good in the client and empower them to reach their greatest potential through their greatest strengths.
- There is an understanding that life coaching must occur in a safe and open environment for the client; the coach must create a space where clients feel safe enough to grow.
- There is an understanding that the coach and client must be on equal footing in the relationship, sharing the responsibility for defining and maintaining the coaching relationship.

## PROCESS

- 1) Contact me by phone or email and we will begin by scheduling a free consultation to discuss your situation/needs and how life coaching can be beneficial for you.
- 2) Any questions you have will be answered and we will create a plan of meeting, goal setting, and how we will move forward.
- 3) Appointments will be scheduled in person or via a tele process (whatever method works best for you).
- 4) You will be given an intake form (general information about yourself) and an informed consent form (explaining privacy and confidentiality of meetings and information) to complete.
- 5) Coaching is a collaborative process, we will decide together how often we meet, how long coaching will last, and what you want to accomplish from the process.

*Life coaching overview adapted from Ackerman, C. (2020). Your Ultimate Life Coaching Tools, positivepsychology.com  
Feel free to contact me with additional questions.*

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