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## ***Becoming a Professional Life Coach, Third Edition***

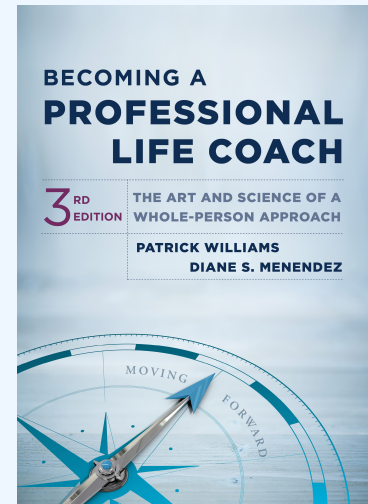
### ***The Art and Science of a Whole-Person Approach***

by Patrick Williams and Diane S. Menendez

An update to the coach training bestseller.

The profession of life coaching is more necessary than ever in this time of pandemic-related uncertainty, the shift (in some cases, permanent) to remote learning and working, and the constant change that accompanies world events. With his best-selling *Therapist as Life Coach*, Patrick Williams introduced the therapeutic community to the career of life coach, and in the first and second editions of *Becoming a Professional Life Coach*, he and Diane S. Menendez covered basic principles and strategies for effective coaching.

Full of new information on the neuropsychology of coaching, this new edition explores the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. This book is one-stop shopping for beginner and advanced coaches alike.



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## **PRAISE FOR *Becoming a Professional Life Coach***

"This is simply a fabulous book, wise and beautifully written. It is deceptively simple as Pat presents complex ideas in a remarkably accessible way and is able to articulate both the basics and the subtleties of coaching. It's an orientation, an operating system, and a playbook. It will help you think through how to coach and empower you to a great one. I found it inspiring and made me glad to be a coach.... It is equally powerful for leadership coaching and a pathway to just being a better human." —**Carol Kauffman PhD**, Founder, Institute of Coaching, Assistant Professor, Harvard Medical School

"A must-read for anyone interested in working as a coach! *Becoming a Professional Life Coach* provides an evidence-based overview of the history of coaching, along with the underlying theories, best practices, and latest advancements in the profession. This book is a comprehensive, easy-to-read guide to becoming a competent coach that is the cornerstone of our coaching program." —**Dr. Ellen Neiley Ritter**, BCC, dean of students, Institute for LifeCoach Training

## **About the Authors**

**Patrick Williams, EdD**, is founder of the Institute for Life Coach Training and the coauthor of the highly acclaimed *Therapist as Life Coach: Transforming your Practice, Total Life Coaching*, and *The Law and Ethics of Coaching*. He lives in Colorado.

**Diane S. Menendez, PhD**, is a master certified coach and has coached leaders, teams, and organizations for more than twenty-five years. She specializes in executive coaching, leadership development, and culture change in large organizations.

*Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach* • Patrick Williams and Diane S. Menendez

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