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**Subject:** Lifeways - Issue 4

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**Date:** Mon, Feb 16, 2004 11:19 am

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## LIFEWAYS

## ISSUE 4

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What is Coaching?

I am often asked, 'So what exactly is life coaching?' As more people begin to hear about coaching it will become as common as having an accountant, financial planner or lawyer. But as you consider a coach it is important to keep some guidelines in mind.

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**Partnership** – Coaching is a partnership that accelerates progress by focusing on where you are and where you want to be. The work takes place in how you are going to get to that place and making sure it really is what you want for your life. It is too easy to coast through life. A coach asks the hard questions to keep you on track . . . to your dreams!

**Professional** – Coaching is a professional relationship that provides a safe place to encourage and explore new possibilities for life. You gain support, challenge and the satisfaction of achievement.

**Process** – Coaching is like running a marathon, not a 100 yard dash. The coaching relationship does not focus on trying to 'fix' your problems. Instead the focus is on discovery of purpose and passion through clarifying questions and results are evident by discovery and achieving dreams.

**Perspective** – A coach offers you a different perspective. A coach listens at a deep level to offer opportunities for a change in your thinking and approach to your life. A coach not only asks challenging questions but shares the truth that he hears from you.

**Performance** – A coach will ask you to do more than you normally would on your own. A coach will encourage you to live your purpose and passion in a bigger and bolder ways than you are now.

Are you ready to stop coasting and begin moving purposely toward intentional, authentic living? Today you can begin to live the life you long to live. You have nothing to loose except that feeling of unfulfilled dreams and the emptiness. Email or call me today at 484-461-6403.

Dreaming Big,

Michael J. Pfau, M.Ed., C.L.C.

\_\_\_\_\_about the publisher\_\_\_\_\_

Crossways Life Coaching

The focus of Crossways Life Coaching is to guide individuals into intentional, authentic living.

*Lifeways* is written by Michael Pfau, a Certified Life Coach. Through his work with the Bruce Wilkinson's Dream Giver Coach Network and the Christian Counseling and Education Foundation he helps couples, individuals and small business owners achieve their dreams and reach their full potential.

Individual and group coaching is available. For more information or a complimentary coaching session, contact Michael at [mike@crosswayslifecoaching.com](mailto:mike@crosswayslifecoaching.com) or visit [www.crosswayslifecoaching.com](http://www.crosswayslifecoaching.com).

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