

Creative Alternatives Coaching

Who Can Be Coached

A lot of coaches will tell you that anyone can be coached. Or they will say that a good coach can coach anyone. To be blunt, I don't believe either of those statements are true.

I think there are some specific **traits that a good coachee needs** to have in order to be coachable. Check the list below to see if you are coachable at this time.

And, likewise, a really outstanding coach will know and admit when they aren't able to help. Due to the limitations of my training, state law, and personal interest, I don't accept everyone who wants to be my client. See the lists below to **determine if you are eligible**.

Coachable Traits

- motivated to continually take action towards goals
- able to let go of old perspectives that don't work
- willing to consider new thoughts, beliefs, and attitudes
- determined to do what's necessary to succeed
- take pride in being accountable to her/his word
- follow through on commitments to self and others
- whine or vent once, then moves on to seek solutions
- seek the positive side of difficulties
- want to be or are personally empowered to choose what's in your best interest
- let nothing stop you from achieving your goal, including fears, worries, resources, time, or energy
- responsive to direction, suggestion, and intuition
- able to be sensitive to and considerate of others needs
- ask for what you want, need, and prefer
- seek the win / win outcome in most situations

Who I Can Coach (and Love to)

- Bold, sharp, focused professional women, especially ages 35 - 70
- Career-oriented high achievers just starting out
- Mid-life professionals seeking balance, or personal fulfillment
- Accidental / intentional but introverted entrepreneurs
- Insecure young adults going into business for themselves
- Men and women leaving toxic religions for a nature-based spirituality
- Risk and confrontation avoiders who want better relationships or success
- Motivated adults caught in patterns of self-sabotage
- Women trapped in dead relationships who seek courage to leave
- Persons questioning gender or sexual identity
- New retirees devoting this phase of life to leaving a personal legacy
- Individuals who feel called to make a difference in the world, but aren't clear how or what

~ continued ~

Who I Can't or Don't Coach

- People who need but aren't getting psychotherapy including:
 - Adults who are clinically depressed
 - Individuals who are currently feeling suicidal
 - Active / cognitively impaired substance abusers
 - People with eating disorders
 - Persons with anger management needs
 - Physical, sexual, or emotional abusers
 - Adults who manipulate or whine about others
- Adolescents, children, couples, and family groups
- Individuals who won't take responsibility or action
- People who can't get past old angers, or judgmental beliefs
- Adults who project the reason for their problems onto others

Coaching is great when:

- You want to dream bigger
- Get your vision more clear and concrete
- Explore or design a new spiritual path
- Take a risk in personal or career life
- Work through insecurities about something new
- Finally take an action you're hesitating on
- Tell that truth that's burning inside you
- Develop bold self-confidence
- Break a bad habit with disciplined accountability
- Identify and transform self sabotage
- Bring your life to the next level
- Have an objective ally in difficult times

Important Note:

Coaching augments personal and professional skills and knowledge. It is the responsibility of each individual to know their own limits to use suggestions and tips on this site as in any coaching process as intended, with common sense and appropriate caution.

Coaching is not mental health therapy, and should not be used as a substitute for counseling or other appropriate mental health or medical care.

You are encouraged to and held accountable for consulting with a doctor or other health provider if you experience anxiety or panic that exceed the range of normal during your coaching process.

Deah Curry PhD, CPC

your personal growth specialist when you want to
Envision new possibilities for success
Empower confident choices and actions
Engage your whole self in reaching your highest potential

Email Help@DeahCurryPhD.com