



Consulting Training & Professional Development [www.wendling.com](http://www.wendling.com)

## Lifestyle Coaching

Lifestyle coaching is the third type of coaching undertaken by The Wendling Group. As the name suggests, it is focused on coaching the client in order to improve the individual client lifestyle. As one would expect, the coaching is not just work oriented, although this may be a large part of it. The aim of this coaching is to act as a catalyst as we partner with clients in order to help and support them to transform their lifestyle.

Lifestyle coaching has a very broad application covering a wide range of topics, requiring a variety of approaches. We believe there is no single way of addressing the issues people face in their lives, so we adopt a best of breed approach dependent on what needs to be addressed. What we do know is that people are transformed by the renewing of their minds, and this comes through revelation not information. The function of the lifestyle coach is to help turn the light bulb on. To help deliver freedom to the client from any dysfunction that may be keeping them prisoner. To help bring release of the potential within them, resulting in a more balanced, successful, fulfilled and contented lifestyle. In order to achieve this, the process model we pursue is called:

### **You Live Life from the Inside Out**

This is a coaching model that demonstrates the process from individual events through to eventual lifestyle. It is a cause and effect relationship best described as the Universal Law of Correspondence. This law states that your outer world is a reflection of your inner world.

#### A: Events

Happen in our lives every day. Over the years these events become our beliefs. They can be positive or negative, helpful or unhelpful, good or bad. How we interpret those events and our perception of them will be greatly influenced by:

#### B: Valuing versus Judgment

Everything must pass through these filters as they determine our interpretation. One significant sort filter is our temperament. Different temperament types will often view the same events differently.

Fear is another filter, and usually has a very negative effect on our interpretation. It can paralyze action and prevent us from moving forward.

Negativity itself is another sort filter. Highly critical people review everything to see what is wrong, or problematical, first, before seeing the good. We each have differing filters through which life's events and experiences combine to form our:

#### C: Beliefs:

These are our interpretation of events. They result from our thought processes. How we think something through will ultimately also determine our mood. If someone says to you: "You are

useless and will never amount to anything”, and you believe it to be true, that becomes your belief. It can create a negative mood as your future becomes bleak due to your lack of worth. If, however, you interpret that comment as false, perhaps seeing it as an expression of anger in the one who said it, your self-worth will be unaffected and your mood may remain positive. Our beliefs can have one of two effects.

#### D: Self-liberating or self-limiting expectations:

The former holds that I can do anything I put my mind to, as long as am sufficiently equipped and properly prepared. The latter insists that I am inept and inadequate. This kind of thought life determines its own outcome. These beliefs will greatly influence the choices and decisions we make, how and when we make them. As our beliefs cluster together they start to form our:

#### E: Attitudes, Values & Habits:

These serve to reinforce our beliefs. As they find expression through our speech and behavior they create our character. In order to grow or move forward as individuals, we combine all these faculties and components with our:

#### F: Skills:

Some of these are intuitive. Others are acquired through careful observation and modeling. We gain some skills by "osmosis" – a form of unconscious acquisition usually derived from those who are most significant to us – and others we receive through education and training.

In addition to skills we all have a 'gifting'. Once discovered this tends to direct us to those activities we find most rewarding.

This entire set of faculties and attributes manifest themselves in our behaviors and lifestyle.

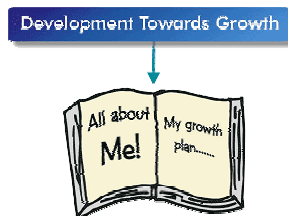
#### G: Behavior:

Behavior is defined as an outward indicator of our personality. It represents the whole or integrated person. Our behaviors therefore determine our lifestyle.

#### H: Lifestyle:

This eventually leads to our destiny. Our aim should always be to live our lifestyle with maturity. Maturity has nothing to do with age but could be defined as follows.

"Maturity involves both a journey and a destination. The destination is a place of 'completeness and wholeness', where strengths are accentuated and weaknesses appropriately managed. The journey is one of constant learning and growth, enabling the full development of emotional, physical and moral behavior, together with all aspects of character."



To determine whether Lifestyle Coaching is right for you, contact The Wendling Group at 916-965-4933 or e-mail [wendling@wendling.com](mailto:wendling@wendling.com)