

## DO I HAVE WHAT IT TAKES TO BECOME A COACH?

There is no training required to become a coach. If you have the life experience necessary to help someone through a stressful situation, that may be all you need to be successful. The [212 Connection](#) displays a wide variety of coaches. Click on the 'members' section and you will see ADD/ADHD Coaches, Financial Coaches, Life Coaches, Goal Coaches, Health Coaches, Adoption Coaches, eBay Coaches, Parenting Coaches, Marriage Coaches, Podcast Coaches, Technology Coaches, Music Business Coaches and Diabetes Coaches, just to name a few.

These people have valuable life experience that they can pass along to others in the form of personal coaching, whatever their topic of expertise may be.

Just having life experience is not enough to be an effective coach however. Your personal tendencies tell a lot about how you relate to other people, what kind of environments you are most comfortable in, and how you think.

I use the [DISC personality system](#) with every Career & Life Coaching client that I meet with. This test measures your personal tendencies and produces a custom 32-page report all about you. Visit our [personality profile page](#) to download a sample.

You *must* know your strengths as an individual so you can focus on them when working with others. DISC stands for Dominance, Influence, Steadiness and Compliance. Even if you think you understand where you land on each of these, you will be surprised, as I was, to learn that how you see yourself and how you actually behave can be quite different.

You should not enter any profession or career field without first knowing who you are and the types of jobs that are a good fit for your specific personality.

## So, You Want To be a Coach?

As I mentioned, there is not a single body governing the profession of coaching. You will find many coaches certified by one organization or another, but certification is not required if you know you have the passion for coaching and helping others. If this passion exists in you, your personality tendencies bend towards coaching as a vocation, and you have the life experience to back up your actions, then you may be able to help others improve their lives today.

Very few people ask me about my background and specifically my training. If you are just starting out as a new coach, then certification and training may be more important to your clients. I have found that many clients simply want someone with the life experience and knowledge to help them through their problems.

With that being said, I do encourage you to seek out certification in your main field. You should also consider ongoing training as part of the process. You cannot expect (and neither should your clients) to know everything there is to know about your field, and you must always be learning as much as you can.

When I launched Lukas Coaching in 2006 I sought the training of Dave Ramsey and his team in Nashville, TN. While the certification that I received certainly prepared me for working with clients, it was not a requirement for me to obtain before I started helping people. In fact, I had been informally coaching for 3 years prior to receiving that certification just to help people out. Again, I had the life experience (my wife and I had worked our way out of debt), my personal tendencies pointed toward coaching (I am a high 'I' and high 'C', meaning that my career matches include coach, counselor and consultant) and I loved working with people and money.