

When you are being coached you are asked two very important questions. First, what do you want? Second, what are you willing to do about it? These questions are potent and thought provoking. These questions force you to come to grips with what you want from life. The coach is there to be supportive and hold you accountable for working through the steps necessary to realize your dreams. You determine what the dream is.

You would be amazed at how hard this can be for some people. We are clear about some of our dreams and desires. I often hear, “I want to be paid well for doing work that I love.” “I want more quality time with my family and friends.” “I want to be healthy and fit, without having to go to the gym.” “I want meaning and purpose in my life.” But you might be shocked to learn that some people say, “My dream is to have a dream.”

“Through Dream Coaching, you will **dream bigger dreams,** have greater insights, and remove limitations”

We are so mired in reality and so busy living from our clocks and calendars that we often forget what matters to us. That’s where a coach proves invaluable. Your coach can help you get in touch with your purpose and passion and validate your dreams and hopes. Your coach will help you overcome your doubts and fears. Most importantly, your coach gives you ongoing support in taking the necessary steps, day-by-day and week-by-week, so that you get what you want.

Your coach will listen intently, ask clarifying questions, and challenge your assumptions. Coaching helps you do the important things you say you will do in order to have the important things you say you want. It is a partnership based on intention, agreement, integrity and relationship. Most people find purposeful change impossible to do alone. When you work with a coach you will be challenged, stretched and empowered. You will dream bigger dreams, have greater insights, and uncover and hopefully remove limitations. With a coach you will increase your chances of being successful and you will be celebrated for it.

Simply put, a coach assists others in getting what they want personally and professionally. Coaching helps people to find their life’s purpose, ignite their passion, clarify their dreams, remove all obstacles (including not having enough time or money) take action, and produce fast results. A coach’s responsibility in helping a client fulfill their dreams is to discover, clarify and align with what the client wants to achieve; encourage self-discovery; hold the client responsible and accountable; speak the truth; and relate, reflect and help produce results. ●

A Dream Coach’s responsibility

- **Discover**, clarify and align with what the client wants to achieve
- **Encourage** self-discovery
- **Hold** the client responsible and accountable
- **Speak** the truth
- **Relate**, reflect and help produce results

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10 Steps to Dream Coaching

- 1 Set An Intention** – This is the first and one of the most essential steps in the process. Set an intention such as finding a new job or career, or getting a promotion.
- 2 Maintain Integrity** – It is essential that you remove or clear up anything from your past that might be in the way of you having or getting what you want.
- 3 Live On Purpose** – Dreams without purpose, even a job without aligning to your purpose, can be unfulfilling.
- 4 Access Your Dreamer** – There is the part of you that knows what will make you happy and what you want. Uncover this and get extremely clear about what you want.
- 5 Learn From Your Doubter** – Create a powerful relationship with the doubter inside of you, and learn from the lessons this part of you offers. Left unattended, this often sabotages our dreams and does not need to happen.
- 6 Believe In Your Dreams** – If you don’t believe in yourself or your dream, no one else will either. Creating a solid foundation is a life-changing step.
- 7 Failure Can Lead To Success** – Identify your Achilles heel and design daily practices to overcome obstacles.
- 8 Take Serious Steps Forward** – Plan the essential steps to insure that your dreams come true and then put those practical steps into action.
- 9 Build Your Dream Team** – Being able to ask for help will make your dream more attainable. There are resources that can open doors and make your life easier.
- 10 Live As A Dreamer** – Create a dream come true life. Once you are clear about your purpose, dreams and resources, you can look at all areas of your life and decide what you want.

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