

What is a Life Coach?

by Kristin Kailey

IT'S NOT EASY to define what I do, as what I do is different with each client. As a life coach, I help my clients create solutions and move through the problems, issues, and fears that we all deal with in everyday life. Highly motivational and geared toward generating results within a short amount of time, my purpose as a life coach is to empower each of my clients with the tools to move closer to his or her life goals.

Think of a life coach as the person you wish you'd known when you were young and uncertain of what to do with your life, what direction to take, etc. I'm that person. I don't have all the answers – YOU do! I simply listen and ask you questions to help you discover what it is you're seeking to accomplish. Stuck at work? Stuck in a personal relationship? Stuck at home? Stuck on a certain project? Having problems acclimating or adjusting to a major move or transition? Think of me as a dance instructor: we're together, we're learning, and we're having FUN! Whatever issues are stopping you in your dance of life, we can find a way for you to move forward, to be your authentic self. Together we will bring harmony and more joy to your everyday living.

Life coaching is a relatively new profession that began in the late 1980's in the US. There are now thousands of successful life coaches who've helped millions of people worldwide, and the profession is growing in acceptance and understanding every day. There are life coach TV and radio programs, and life coaches are used in all walks of life – corporate, spiritual, educational, personal – you name it, we're there! Sessions are

conducted over the phone, in person, in private group settings – morning, noon and night! I've had several life coaches, and I plan to always have a coach in my life. The benefits I gain from my sessions as the client enrich me in ways that allow me to be a better coach for my clients and a better person in my own life.

I'm a personal life coach dealing with individual clients. I was drawn to the profession and began the professional certification process in 2004 when I acknowledged to myself that people often came to me for help solving problems or seeing things more clearly in their lives. During my classes, there were people from all around the globe, and we each brought our experiences and skills as coaches to each call. Listening to other people's coaching and having to coach during the classes was an amazing way to hear distinctions and positive ways to interact with clients.

You set the stage for each call. I'm always excited during client calls and bring nothing to the call except my willingness and ability to listen to what you want to say. There's no issue that can't be brought to a coaching session, but I'm not a counselor or a therapist. We start with today and what's happening in your life and move you forward, clearing away the issues and ideas that are holding you back. The possibilities are endless! Let's dance!

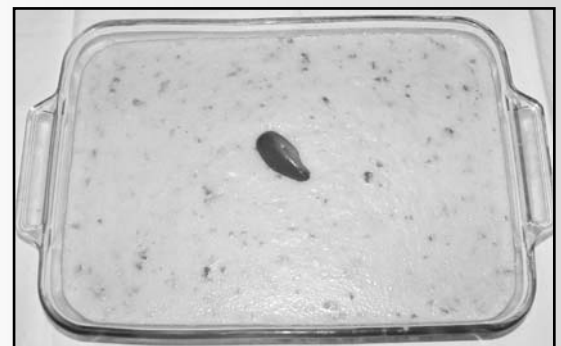


Jalapeño Cheese Grits

A great appetizer and southern favorite.

INGREDIENTS

- 6 Cups Water
- 1 1/2 Stick Margarine
- 2 Cans (4.5 oz. each) chopped Green Chilies
- 1 tsp. salt
- 1 tsp. tabasco sauce
- pepper to taste
- 1 1/2 cup of instant grits
(You can buy these at HEB in Texas)
- 1 lb. Cheddar cheese (or 8 oz cheddar and 8 oz. velveeta)
- 2 tsp. seasoned salt
- 3 eggs



PREPARATION:

Cook grits in water with the salt for 5 minutes (at a hard boil). Turn off the heat, and add all other ingredients. Stir until the cheese and butter have melted. Pour into a greased pyrex casserole dish. Refrigerate 12-24 hrs. Bake at 350 degrees for 1 hour or until brown and bubbly! Enjoy some good southern eats!