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Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #422

Coaching Myths Exposed: Behind the Scenes of What It's Like to Have a Coach

Some people think having a personal coach is like having a paid friend who nods at everything you say. Spoiler alert: we do more than nod, we also point and sometimes even wave our arms around :)

In this episode, we're demystifying coaching, and why understanding it could be a game-changer for both your career and personal life. We're going full MythBusters, but without the fancy gadgets or the explosions (insurance doesn't cover that). We'll just keep it simple: You listen and take notes as I uncover the truth about why the most successful people have coaches and why you should too.

But before you hit that play button, I just want to be clear on what this episode is NOT: It's not about me or my business. It's about the industry and the service of coaching. This is about what you need to know about coaching and whether or not coaching is right for you. Time to dive in!

Top Quotes From This Episode

"The truth is that successful people hire coaches. Life coaches, speaking coaches, executive coaches, relationship coaches, fitness coaches, you name it."

"Life coaching is for anybody who wants to find their next level."

"Coaching is not just 'common sense' advice. It's actually getting you to do the things that you know you need to do and, oftentimes, that you don't know that you need to do."

"The results last as long as you invest."

"A coach's role is not to have all the answers, but to guide you in discovering the right solutions [to] get you from where you're at to where you want to go."

Show Notes

This episode touches on the following key topics and ideas:

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Debunking 8 Myths Around Life Coaching

Myth 1: Life Coaching is a form of therapy. (2:35)

While both professions aim to help people, coaching and therapy are fundamentally different in their approaches. Life coaching is more action-oriented and focuses on the present and future, while therapy often explores past issues. But disclaimer: This is a generalization. Sometimes a coach will dig into your past and sometimes a therapist will give you action items. There is certainly a gray area between the two.

Myth 2: Life Coaches are only for people who are struggling. (3:13)

This is like saying quarterback coaches are just for quarterbacks who can't throw a ball. Or gym memberships are just for people who are out of shape. The truth is, successful people hire coaches— life coaches, speaking coaches, executive coaches, relationship coaches, fitness coaches, you name it. Life coaching is for anybody who wants to find their next level.

Myth 3: Coaching is expensive and not worth the investment. (5:33)

If you join a gym membership and you're not seeing results, like a month or two later, you're going to quit the gym membership. But if you are seeing results, you're going to continue to invest in it, right? Same with Life Coaching. It's an investment.

Coaches can help you save your marriage AND make more money AND lose that 10 lbs you've been wanting to shed. Life coaching is all-encompassing but can focus on just one area of your life if you choose.

So is it worth it? Take it from one of my clients, Jerry Stravia:

"Since joining RYP, we have paid off over \$280,000 in debt, started a business, landed a huge promotion, are building our dream home, earning more than \$90,000 per year, and giving away more than 15% of our income a month! No

other person believes in me and influences me like Jim Harshaw. RYP is the reason I am living my best life, today!"

Myth 4: Life Coaching is too time-consuming. I don't have time to do this. (7:45)

Tim Ferriss said, "Busyness is a form of laziness." You're always going to be busy, but are you busy doing the right things?

So is it time-consuming? It takes time, yes. But you're getting a return on that investment. When you invest your time with a coach who helps you get clear on the things that you should be working on, it helps you understand how you operate and how to put things in place into your life to maximize your strengths and hedge against your weaknesses and your blind spots.

Myth 5: Life Coaching is just common sense advice. (9:33)

Common sense advice is everywhere... YouTube, podcasts, other social media content, books. If everybody just needed more information, everybody would be living their perfect life. But they're not. Because it's not just about information, it's about results.

Myth 6: The effects of Life Coaching are short-lived. (11:22)

If I've been working out consistently and then suddenly stop, guess what? My fitness will go down. Because results will last as long as you invest— as with Life Coaching.

A life coach is going to help you get results over time. If you work with a life coach for a month, you'll have results for a month or maybe a few months. If you are like some of my clients who've worked with us for five, six, seven plus years, you're going to get results for five or six or seven plus years. That's why you need to do it consistently. And to do that, you've got to find the right coach for you.

Myth 7: Life Coaches don't know my specific career or challenges. (12:51)

We coach neurosurgeons and attorneys and people WAY smarter than us! But we're trained in helping them get the most out of themselves. Coaches don't have to know exactly what you do and have the exact same training in your job. As a matter of fact, oftentimes, it's better to have somebody who's not trained in the same things as you, so they can help you see your blind spots and ask the questions that maybe you're not going to get asked by someone who does exactly what you do.

Myth 8: Coaching is just a fad. (14:31)

Coaching is here to stay. It's growing. Because coaching works. Because people are getting results. Because people find value in having a coach.

What is EXECUTIVE life coaching? (15:13)

What's the difference between executive coaching and life coaching?

- **Life Coach:** The primary focus of life coaching is on the individual's personal life. This could include anything from achieving work-life balance to setting and attaining personal goals, such as health, relationships, or personal growth.

The goals are often diverse and can include improving interpersonal relationships, finding career satisfaction, achieving a better work-life balance, or even tackling specific personal projects or objectives.

- **Executive Coach:** Executive coaching is geared specifically toward professionals and is designed to improve leadership and management skills, team dynamics, and organizational effectiveness.

The focus is usually more narrowly defined within a business context. These coaches often work with high-level professionals, including CEOs, managers, and other leaders within an organization. Sometimes the organization itself sponsors the coaching.

And we combine both in [Reveal Your Path](#):

We focus on executives... people who've found a level of success in their lives but they know there's more inside of them. They're looking for clarity in "what's next" for them in their career and how to get from here to there WITHOUT sacrificing what's most important to them— their family, their health, doing the things they love like travel or adventure.

If you want to learn more about us and if we are the right fit for you AND if you are the right fit for OUR coaches and community, let's talk: JimHarshawJr.com/CALL.

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

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