

## **ASK THE LIFE COACH By Leyden Rosa-Rovelo**

### **About Coaching**

#### **What is a coach?**

A professional coach is an individual who is trained to listen and provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives.

The coach's job is to provide the skills to help their clients reach their goals and potential access their creativity and help clients remove road blocks to their success. However coaching does not provide relief for an individual's psychological pain.

#### **Dear Coach,**

I really don't know what to do anymore. Lately I've found myself unable to deal with even the most basic things in my life. My apartment's a mess, and I hate living like this. It makes me depressed, but whenever I think of cleaning it ... I just get tired and forget about it. I'm in the middle of changing careers, I was laid off recently and have been taking some real estate courses, but I can't seem to get myself to study for the exam or even finish the classes. I don't even know if this is what I want to do. I set deadlines for myself that I can't seem to meet. I start to beat myself up over it and now it feels like I'm just stuck. I can't go back....but I can't move forward. What am I doing wrong?

#### **Dear Leticia,**

First of all you need to recognize that you are going through some significant upheaval in your life. Career changes are stressful under any circumstances, more so when we are unsure of what we want to do. You need to recognize that fear and other emotions are processed in the body. Some classic signs are fatigue and indecision. I want to address your situation in parts. Let's start with your career. I want you to do something for me: EXERCISE: Write down 5 of the top things you would like to do with your career. Without ego or inhibition, what are your dream jobs? What do they look like? What do they have in common? Next I want you to narrow the list down to the top job that meets all the criteria that you like about the other jobs. Now, what do you need to do to get there? More schooling or training? Do you already have the skills? Do you need a new resume highlighting these skills? Have a trusted friend help you brainstorm how to achieve this job.

Now let's talk about your apartment. I know it's been said a million times before, but it's true: clean house, clear mind. The space in which we live is like our mind, when it's clear and everything feels in place you move around better....you focus better. Your apartment is simply another manifestation of your fears. What does having a clean apartment mean to you? What will happen if it is clean? How will that feel? Now as the saying goes...how do you eat an elephant? One bite at a time. I want you to forgive yourself for letting your apartment get cluttered. It's okay. It happens and it's not a sign of weakness. Now pick a small task to accomplish around the apartment. Maybe make your bed. Nothing makes me feel better than clean sheet day. Do this and acknowledge yourself for it. If you feel that you are ready to tackle the whole thing at once, ask a supportive friend or family member to come over and help. Over the next few weeks I want you to list all of the tasks that you finish. Don't hesitate to acknowledge even the "smallest" thing. The purpose of this exercise is to prove that you can and do accomplish things. By taking significant steps you are supporting yourself. Remember that setting unrealistic deadlines or goals are often a way that our fears keep us in check and under their influence. By acknowledging your accomplishments you allow yourself to be supportive.....or YOU! Please keep in touch and let me know how you are doing.

*Mijas: You can do this exercise too. Remember that we often trip ourselves up by thinking that we must do things in a certain time frame....or perfectly. The point is not to defeat yourself, but to support yourself. This way you can be the best damn Latina you can be!*