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Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy

Richard Blonna EdD

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As a life coach, you help people live purposeful lives that are driven by their deepest values. And although your clients may not have diagnosable mental health disorders, it's likely that many of them encounter mental roadblocks such as fear, stress, anxiety, and worry that keep them from reaching their goals and developing their full potential.

Thousands of cognitive behavioral psychologists from around the world rely on a method called acceptance and commitment therapy (ACT) to help their therapeutic clients get "unstuck" from these barriers and improve their level of functioning. In **Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy**, you'll learn to help your coaching clients harness these powerful psychological techniques to identify their passions, set values-based professional and personal goals, and realize their full potential. By guiding your clients through ACT-based exercises in mindfulness training and values clarification, you'll help them accept aspects of their situations that can't be changed, coexist with fear and other painful emotions, and commit to taking the actions that will lead them to success.

Maximize your coaching effectiveness by:

- Adapting powerful psychological techniques to fit your life-coaching practice
- Learning simple exercises you can do with clients to help them get unstuck
- Getting tips for assessing clients, assigning homework, and sparking motivation
- Helping clients master mindfulness to overcome fear, worry, and procrastination

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