Live a Life of Purpose & Joy

How a Catholic Life Coach Can Move You from Ordinary to Extraordinary

CATHOLIC LIFE COACHES.com

Do you sometimes feel like there is some mission and purpose God has for your life, yet you're missing the mark on it?

Have you ever wanted to move forward on some project, goal or relationship, but you feel stymied, stuck or unsure how to proceed?

Or maybe after COVID you find yourself in a place where you need to start reinventing your future, your career or your home and family life.

In our busy world, with so much bombarding our psyches day-after-day, having clarity on what you're called to be doing, and then figuring out step-by-step plans for how to accomplish it, can be invaluable. You don't need to struggle alone. A Catholic Life Coach can walk alongside and help you move from where you are right now to the extraordinary place you long to be.

Most people…

I believe it was Thoreau who said that the mass of men [and women] lead lives of quiet desperation. I hate to admit it, but I think there's a lot of truth to that. Most people go to school, get a job, get married and have a family, and before they know it, they're wondering how they got to the places where they find themselves. It's kind of like shooting the arrows and throwing the targets out later, hoping they will hit. They rarely do.

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There's a better way!

With thought, discernment, and careful planning, you can move more easily not only to where you would like to be, but more importantly, to where God is calling you. And a Catholic coach is just the person you need to get you there.

Coaching has become very popular in our culture, and for good reason. Setting attainable goals and accomplishing them can be a difficult process to do on your own.

Nearly every great athlete, singer or business leader has a coach, or several coaches, to help them achieve greatness in their profession. We can learn a lot from this.

As Christians we are called to set the world on fire for Christ. We're called not to mediocrity but to greatness. It may not mean changing the whole world, but it certainly means making the world around you a better place.

Is it time for you to make an impact?

As Catholics, we're blessed not only with Scripture and prayer but with the Sacraments, sacramentals, clear dogma, and a faith and prayer tradition that have formed great saints.

And isn't that really what we're all called to? To become saints?

And what is a saint but someone who became the best version of the person God created them to be, by faithfully living the calling for which He created them and making a big impact in life… and beyond.

The overwhelming glory of our Catholic faith is the treasury of canonized saints held up as examples for us. From the child saints at Fatima to dynamic leaders like St. Catherine of Sienna or St. John Paul the Great, we see an impressive variety of vocations and paths to sanctity.

Every one of us has a calling and a mission to accomplish here on earth. For many, that purpose may seem simple and obscure, but nothing is really obscure in God's economy.

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We each have a vital role and purpose to play in the building of the Kingdom. Whether it's organizing your homelife and raising your family, or running a multi-million-dollar company that provides jobs for thousands of people, how you live your life can have an impact—for better or worse—for generations.

What legacy will you leave behind?

Will others be led to sanctity because of you?

Will you make it to heaven to glorify God for all eternity?

Now, of course, attaining sanctity is ultimately a spiritual endeavor. But our daily goals, tasks and activities naturally all play a role.

Perhaps in your vocation as a wife and mother, you feel the call to go deeper—to improve your relationship with your spouse or your children. A **marriage and family coach** can help you do that.

Or maybe you've been called to start a business or want to manage your finances more responsibly, to provide for your family and your heirs. An **entrepreneurial** or **financial coach** can help you, too.

Coaching is not a one-size-fits-all endeavor. You are unique, and you have a mission that only you can accomplish. So coaching is tailored to who you are and what you need…with some basic common themes.

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The nuts and bolts

So, what are the nuts and bolts of the coaching process? Generally, it breaks down to four basic components:

1. Defining goals.
2. Formulating a custom plan that will use your particular gifts and skills.
3. Holding you accountable for progress.
4. Providing structure, encouragement and support.

Those are the basics, but **there's so much more that happens in coaching**.

A battle of the mind

As we know, the most fierce battle for most of us is the daily battle of the mind. We all have conscious and unconscious beliefs and ideas that can hold us back. Most often, we don't even realize they are there. Coaching helps you to identify and overcome any limiting beliefs that may be sabotaging you.

That alone makes coaching worthwhile…but then what?

Coaching can also help you to identify unique strengths and abilities that you may never have taken the time to become aware of…or that you didn't know how to harness in your life.

Creating a plan

Getting free of limiting beliefs and owning the power of your unique strengths is the start…then the planning phase begins. A coach will help you to formulate your goals clearly and attainably. Too often we try to do it all at once…and inevitably fail. That failure can add to or reinforce our limiting beliefs, and we wind up giving up. We start out conquering the world and wind up curling up on the couch. Let's face it, we've all been there at times!

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A skilled coach will help you to break down your goals into actionable steps, then help you evaluate what's working and what's, not to keep you moving forward.

Why a *Catholic* coach?

The steps above seem pretty straight forward; so, why should you hire a ***Catholic*** coach, specifically? Well, simply because a Catholic coach brings a LOT more to the table.

But first let's define "Catholic," as it is no longer a descriptive term. Too many people today identify as Catholic, as a mere cultural identity.

Being authentically Catholic means a few things, and when it comes to working with a Catholic coach those things really matter.

So, what can you expect from an *authentically* Catholic coach?

1. A Catholic coach sees you differently.

How you see yourself and other people matters. Are people merely animals, accidents of biology, evolved from lower forms of life and valued only for what they can do, their wealth or their usefulness to others or industry?

A Catholic coach sees each individual as a unique, unrepeatable miracle of God's loving creation, with inestimable intrinsic value and unique gifts, talents and mission that only they can accomplish. You're not just a number—but a miracle.

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2. A Catholic coach sees the world differently.

A Catholic coach sees God's hand in everything and has faith in God's plan for your life. A Catholic coach is a collaborator with God's plan, to help you become everything He created you to be. What matters is not where you've been, but where you're going. A Catholic coach is a skilled fellow sojourner who can help you get there.

3. A Catholic coach doesn't work alone.

Sure, training is an important part of becoming a coach, but yielding to the Holy Spirit makes the real difference. Calling on the Holy Spirit and the help of the saints is the secret sauce a Catholic coach uses to supercharge your journey and keep you living in alignment with God's purpose for your life.

4. A Catholic coach has a clear moral compass.

The Catholic Church offers consistent moral guidelines to help us live happy and fulfilled lives. By helping you navigate your goals morally, and with consistency to the state of life to which God has called you, a Catholic coach will help ensure you reach not only your temporal goals, but your eternal one as well.

5. A Catholic coach helps you align your mindset with the mind of Christ.

One of the biggest obstacles most of us face is getting our mindset straight. Many people struggle with limiting beliefs and distorted views that need to be tackled and tamed. Identifying them is an important part of the coaching process, but then what do you do with them?

Worldly and popular wisdom can be very attractive and deceptive. Accepted cultural norms are often diametrically opposed to what we, as Catholics, hold dear. Many things sound good on the surface, but with logic and deeper reflection are usually counterfeit

values that can lead us from an orientation in which we serve others for the love of God, to a self-serving mindset that can ultimately do ourselves and others great harm.

Further, New Age ideas focusing on esoteric knowledge and unlimited human potential are common themes in the non-Catholic coaching world. Of course, there may be a grain of truth there, but if we are not careful and discerning, we can be led away from a Christian worldview and into a realm that may, at first, seem to offer great hope and potential, but in the end can lead to spiritual harm and destruction.

A Catholic coach seeks to have the "mind of Christ," to help you to do the same and keep you on the safe and narrow path that leads to true and eternal happiness.

> *"Now we have received not the spirit of the world, but the spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak these things in words not taught by human wisdom, but taught by the Spirit, interpreting spiritual things to those who are spiritual" (1 Corinthians 2: 12-13).*

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6. A Catholic coach has a time-tested, proven tool box.

a. Prayer

Rather than relying on coaching skills alone, a Catholic coach uses prayer to bring the Trinity into the process: God the Father, who created you with unique gifts and talents; Jesus the Son, Who set you free by His blood and Who, by His saving death on the cross, gives you the power to be a son or daughter of God; and the Holy Spirit, Who guides and inspires you to become the person God created you to be, while imparting the grace to accomplish the mission to which you are called.

b. Sacraments

As important as prayer is in the Christian journey, the greatest spiritual power is imparted to us in the Sacraments of the Church. A Catholic coach understands this power and knows how it can be applied in your life and in the coaching process. A good confession and frequent communion are essential to freeing you up to hear and act on the inspirations of the Holy Spirit, the Ultimate Life Coach, under Whose direction a Catholic Life Coach strives to work.

c. Positive Attitude

It's hard to think of anyone with a more positive attitude than our Lord, Jesus Christ. Whereas many New Age-oriented coaches tout the power of positive thinking, a Catholic coach understands and harnesses the power of Christ and His teachings. Not simply an endeavor of the mind, but of faith and Spirit, getting our thinking aligned positively with the mind of Christ is the ultimate key to healthy positive thinking.

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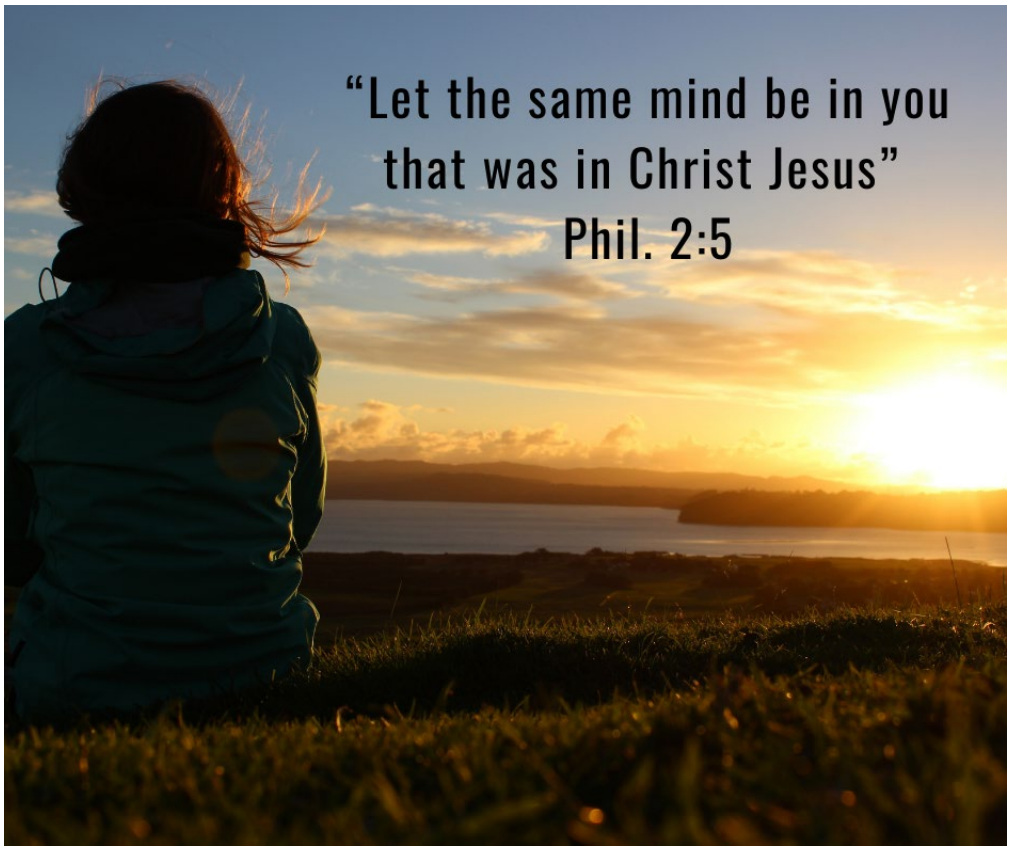

d. Clear and Consistent Moral teaching

Although coaching may not always involve moral issues, having consistent and clear moral guidelines in coaching is of paramount importance. *The Catechism of the Catholic Church* is the Catholic coach’s manual for guiding you in ways that are consistent with sound moral principles, to ensure your endeavors lead not only to worldly success, but to salvation as well.

What types of coaching are available?

You may be wondering in what areas of life a coach can help you. Under the blanket heading of “life coaching,” there are many unique specialties, and one of them is sure to fit your needs.

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Here are some of the more common specialization areas in which a coach can help you:

Strengths-Based coach

If there is one area where coaching really shines, it's this: instead of trying to figure out what's wrong with you, a good coach will help you discover all that's good about you. Using cutting-edge tools like Gallup's Clifton Strengths assessment, a strengths-based coach can open up a new world of wonder and hope, as you discover the innate strengths God gifted to you before the world even began. Through an awareness and development of those unique strengths, you'll be coached into your personal "zone of genius," to supercharge your life and work.

Business/Entrepreneurial coach

Do you own a business or long to start one? After Covid, a lot of people are reinventing their lives and looking to start new ventures. And for those working from home, striking a healthy work/life balance can be a challenge that a coach can help you navigate.

Perhaps you're a busy entrepreneur whose life feels overwhelming and out of balance. It's an easy trap to fall into. A business and entrepreneurial coach is an invaluable asset, who can help you regain control and build a life and business that bless both your family and the customers or clients you serve.

ADD/ADHD coach

Many people who struggle with ADD or ADHD can feel like they're at their wits end. Spouses and family members, too, can experience great exasperation and frustration. Too often, medication is the only solution offered, but having an ADD/ADHD coach can make a huge difference. An ADD coach who understands the challenges and can accompany you with compassion, patience and faith is the missing link that so many people have been seeking their whole lives. Simple skills and habits can pay big dividends and eliminate a lot of frustration and angst, both for the one challenged with ADD/ADHD, and the people who love and live with them.

Adoption/Fertility/NFP/Napro Technology coach

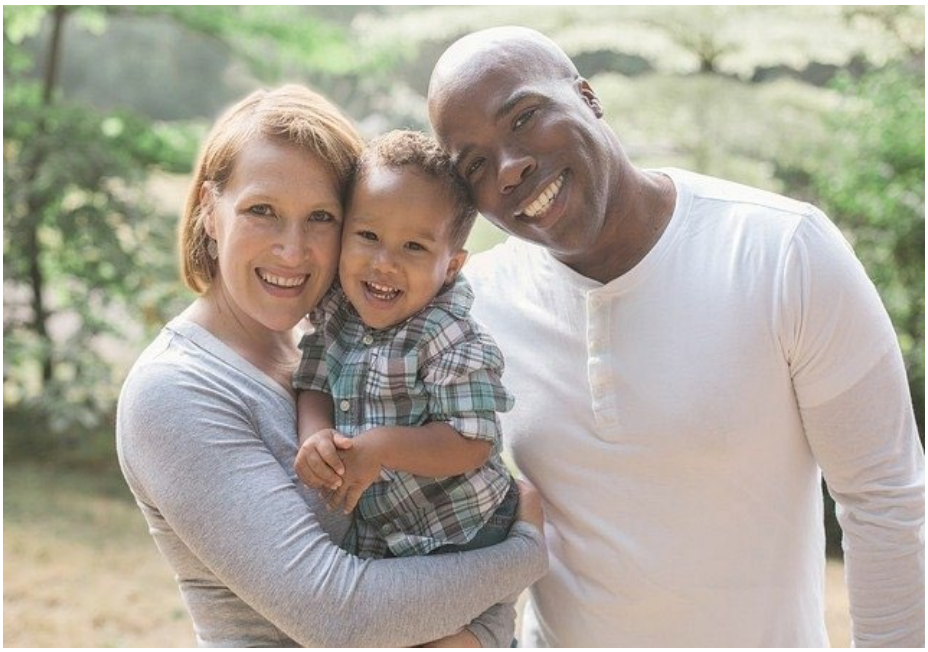
Couples struggling with infertility face some painful and unique challenges. An Adoption/NFP/Fertility coach can help you navigate this area successfully, while respecting your commitment to your Catholic faith. Specialized knowledge, prayer, discernment and compassion are key elements a coach can offer to help you navigate this often confusing and disillusioning journey to a joyful conclusion.

Addictions coach

Getting free of any addiction is a challenge that requires specific treatment and support. But once sober, a coach can help you to establish habits and practices to maintain sobriety and truly thrive. Whether you seek group support or an individual alliance, an addictions coach can be a game-changing member of your recovery team.

Family/Marriage/Parenting coach

Unlike marriage counseling, which addresses dysfunctions in marriage, Marriage and Family coaching seeks to enhance an essentially solid foundation that just needs a little help to become the happiest marriage and family possible. Balancing work, individual and family needs can be an art form, especially in our hectic and fast-paced world. Parenting, too, can be a challenge, especially with so many cultural influences standing in conflict with our values. Establishing a family mission statement, improving communication and working a plan to maintain balance is just part of what a coach can do to make your marriage and family the happy, life-giving "domestic church" God calls it to be. (*Lumen Gentium*)



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Dating/Relationships coach

Dating in the digital world can be tough, especially for Catholics who take their faith seriously. There are keys to success in dating and relationships, which can be learned and applied, that will pay dividends for generations to come. Why wing it with the most important decision of your life: choosing the right spouse? And once in a relationship, applying proven principles and communication strategies can make a good relationship a truly great one.

Caregiver coach

Caring for an elderly parent, special needs child or other loved ones can be challenging and lonely at times. There are common pitfalls to watch out for to avoid burn out, which is so prevalent among caregivers. A skilled coach can help you create balance, attend to healthy self-care and conquer the guilt and anxiety with which so many caregivers struggle. You've been called to a holy work as a caregiver, and having a companion to help you thrive is an investment that helps you go the distance.

Career/Vocational coach

Too many people get on a career track without enough careful discernment and then feel stuck and disillusioned. Whether you're a young adult starting out, or perhaps you're ready to make a change, a skilled career coach can help you set up a path for success, to build the life God is calling you to enjoy.

College Prep coach

Wow, how many people really know what they want to do for the rest of their lives at 17? Before embarking on a college education, taking some time to discern and prepare is an invaluable investment in the future. A College Prep coach can help your child make good choices and set them up, not only for academic success, but for living the life to which God is calling them. Beyond that, setting up healthy study habits and balance is another benefit of coaching.

Financial coach

Do you remember the financial training and investment course you had in high school? Yeah, neither do I. Understanding the financial world and being good stewards of your finances is not something that is generally taught in school. Most people wing it, and too many get caught up in consumer debt that can be a crushing burden and source of marital and family stress. Establishing a budget and good financial habits can alleviate much of the stress of living in our consumer-driven world. As Catholics, we see money as a gift and tool entrusted to us to use for the good of our families and the world around us. A skilled financial coach can set you up for less stress and more success.

Health/Fitness coach

Our bodies are temples of the Holy Spirit and should be respected and treated as such. If there is anything 2020 has taught us, it's this: the importance of being an active participant in managing your own health and fitness. We're bombarded with fad diets and fancy remedies on a daily basis. It can be overwhelming. Working with a Health coach to maximize your energy, immunity and fitness is truly an investment in your future. A Health

and Fitness coach will tailor a program based on your lifestyle, age, needs and fitness goals and set you up with healthy habits that are amenable with your state in life and other commitments. Best of all, they journey with you to keep you on track and accountable.

Homeschooling coach

Homeschooling used to get an unjustifiably bad rap. Few understood it and listened to the common misconceptions promulgated in the media and other places. But a lot has changed lately since COVID, and many families are moving toward homeschooling. This life-style change has many blessings and challenges. Striking a healthy school/life balance, managing new roles and balancing work obligations are just a few. Working with an experienced homeschooling coach can be an absolute game changer.

Life Transitions coach

The one constant thing in life seems to be change, and even good changes can be unsettling. It could be a marriage, relocation, a job change, a divorce, retirement or the loss of a spouse. Life *changes*, and a life transitions coach can help you find ways to adjust more effectively and navigate the many new and varied challenges placed before you. There's no need to go it alone, when a coach can walk alongside you and help you not only to manage, but thrive.

As you can see, there are a lot of areas where a coach can help you. Without expounding upon them further, the list below will give you even more ideas.

- Image/Confidence coach
- Leadership/Management coach

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- Men's Issues coach
- Motivational coach
- Personal Growth & Development coach
- Pornography Freedom coach
- Productivity/Time Management coach
- Organizational/Space Management coach
- Special Needs Parenting coach
- Spiritual Development coach
- Women's Issues coach
- Work-Life Balance coach

Don't wait!

Hiring a Catholic Life Coach can make a big difference in your life and can impact your family for generations to come. Life is serious business, after all. Take the first step now, to make the most of it.

The sooner you begin, the sooner you'll experience the freedom and joy of living your God-given call and start setting the world on fire.

Ready to make an impact?

Yes, help me find a Catholic Life Coach!

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Meet Allison Ricciardi, LMHC

I'm Allison Ricciardi and I'm the Founder and Director of CatholicLifeCoaches.com, CatholicTherapists.com, and TheRaphaelRemedy.com.

Let me start by telling you that I'm a believer. That means that I believe in God and that I also believe in the goodness of all of His creation, people especially, being His crowning achievement. I also believe that God truly desires that we experience lasting happiness.

I'm a Licensed Mental Health Counselor in practice since 1990—which is a long time! Over the years I've worked with many individuals, couples and families and what I've learned is that most people are more normal than they think they are. Really.

I founded Catholic Therapists in 2001 to help Catholics find the help they need to heal past wounds, that respects their faith and integrates that faith into the healing process.

Whereas therapy looks to the past for healing, coaching, a relatively new field, looks forward toward maximizing your strengths and building the life God is calling you to for the future. Everyone can benefit from coaching!

My core belief is that God has a great plan for each of His children…and that by combining sound psychology with solid faith for healing, and utilizing coaching skills along with time tested faith principles, clients can find both healing and great hope and excitement for the future.

May God bless you on your journey!