

It's a busy, crazy, madcap world out there...but you don't need me to tell you that. Do you feel like you are running about in a haze? Is the dust created by your constant motion obscuring your view of your future? Stop! Take a moment and consider yourself and your desires. Have you taken any time to think about your dreams, your goals and your happiness lately? What have you done to help them become a reality? "Are you riding the dragon, or just hanging on?" Lola Freeland of Dragon Spirit Coaching wonders. Maybe the answer is closer than you think.

If life is the dragon and you are the rider, are you enjoying the breeze or eating the dust?

Iola encourages people to "reignite your passion for life" through coaching. Coaching? Like Little League? No, this is the big leagues, kid! And we're talking about the biggest game in town...your life. "Coaching can help you realize your dreams in your personal and professional lives," Iola explains. Coaching can be on issues varying from

"finance and career changes, to relationships and life transitions," says Iola. "You can have your own coach just like Tiger Woods has a coach, or any kind of celebrity athlete has a coach. Even Tony Robbins is a kind of coach," she states.

Odds are that you aren't a professional golfer, nor do you plan to be, but whatever your "game," coaching may be the answer to help you focus on an issue or a direct goal explains Iola. So who needs a coach? "People who decide that they want to get somewhere in their life in a particular area," believes Iola. "If they get a coach, it makes all the difference in the world. You've got someone there to help you see things more clearly, more quickly." Iola continues, pointing out that "A coach can help you get unstuck, because people get stuck. You get stuck somewhere in your life, and you ask 'what do I do now?' You're struggling and trying to figure it out. When people have questions, problems or are looking for a change, they often speak to their friend."

"They may ask their friends," Iola says, "but that's different from working with a coach who is totally focused on you." She explains, "When you put on a coaching hat you have a different point of view." Iola continues talking about her coaching method. "When I'm coaching somebody it doesn't matter who they are or what my connection with them is. I'm totally focused on them and on what they are about and what they need."

"Coaching isn't therapy," Iola remarks, "although sometimes it may feel like it because whatever you are being coached on is important to you and so it has emotion attached." Iola believes that coaching is about helping people live life fully. "Coaches don't have the answers; coaches help people find their own answers," she concludes. Iola feels it is important that a coaching session is direct and to the point, focused on an issue or a direct goal. She says, "Coaches believe that people are creative, re-

sourceful and whole; it's not about being fixed, wrong or judged."

When asked how she became involved in coaching, Iola smiles and laughs, then responds, "I was in sales, accounting, even a painter for new construction when I was younger. I was always helping people. Someone was in need and I would help them." She explains that she was searching for what would allow her to bring those things together. She continues with the story of her introduction to coaching. "A friend said to me, 'I don't think you are living your truth,' and then he started telling me about coaching." Iola exclaims, "The minute he told me about it, I said 'Wow! This is it! This is what I want!' And I told him, 'If you had been in my living room the last ten years you would have heard me develop what it is I want to do. I just didn't know there was a name to it.' So I went out and immediately signed up to take coaching and got trained."

When looking for a coach, Iola recommends thinking about what kind of personality you want to work with. Do you need someone who will

push you? Do you need someone who is more gentle with you? Consider different coaching methods. Iola clarifies, "Do you need to be face-to-face or will phone coaching work for you?" She points out that she does both phone and face-to-face coaching. Coaching doesn't need to be in a formal setting. Iola mentions that some of her clients even choose to be outdoors for their coaching session. She expands on that by saying coaching is very personal and recommends interviewing a coach to make sure that your personalities mesh.

Iola, like many coaches, has attended classes to learn her skills. "The type of training depends on what institute you attend," she says, adding that she has completed 116 hours of training, which is their complete basic core curriculum for all coaches at the Coaches Training Institute. "They go pretty much all over the United States and even into Europe," she says. She explains that the training is very focused on getting as much experience as possible in coaching, and doing live coaching. They don't create fake situations to coach on. "You coach people on whatever is going on in their lives." She remarks, "That impressed me quite a bit." Like many professionals, Iola says she is continuing to take classes in her field.

Iola talks about "dancing in the moment." She makes the point that as a coach she encourages people to pay attention to the moment, not just following a path. Are you ready to step out of the haze and dance in the moment? Are you ready to reignite your passion for life? If you are ready to start riding the dragon rather than just hanging on, you may want to give coaching a try. Iola offers a free 30-minute sample coaching session to new clients. Contact Iola Freeland at (303) 678-5322 or visit the Dragon Spirit Coaching website at www.dragonspiritcoaching.com. **WE**

Dragon Spirit Coaching

By Amy Barnes



Iola Freeland