

ESSENTIAL LIFE COACHING BY JOHN ANDREW WILLIAMS

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John Andrew Williams
author of *Future-Proofed*, *Academic Life Coaching* and writer for
Newsweek

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About the Author

John is the founder of the Academic Life Coaching Program. He has also written for Newsweek and published the book Future-Proofed: Your Guide to Acing High School, the College Application and Beyond. He started his career as a high school Latin teacher and started his life coach training in 2004. He created the Academic Life Coaching Program in 2005 when he realized there was a big gap in what students were learning in school and what was really useful in life. In 2009, he started training others who wanted to work with life coaching skills and youth. If he had a super power it would be the ability to take abstract (but useful) concepts and translate them into ways teenagers can understand and apply in their lives. He lives in Portland, Oregon with his wife, Amois, and two daughters, Paloma and Georgia. john@academiclifecoaching.com

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Essential Life Coaching addresses the 34 essential elements of Life Coaching, aiming to improve coaching effectiveness. This book can either be used as a companion guide in one of the Academic Life Coaching Training Programs, a way to refresh and hone coaching skills, or as a resource for Life Coaches who are interested in working with teenagers. This book is about the concepts and skills that are at the core of Life Coaching, addressed from three different points-of-view:

- 1) The component parts of each concept.
- 2) Why the concept is important and works.
- 3) How to use the concept in your coaching.

Drawing on his years of experience working with students and training Academic Life Coaches, author John Andrew Williams brings these 34 tools together to provide the framework for creating a successful Client-Coach Relationship. In addition to addressing What, Why and How John also includes sample dialogues between a coach and client and real-world examples.

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