



**Definition of a life coach according to ILS:**

Coaching is the specialized art of holding solution focused conversations. Coaching supports a client's being able to access insights and solutions from within themselves, moving themselves into positive proactive clearly defined action that aids them in achieving their potential in the area of their goals and objectives. <http://www.ilslifecoachtraining.com/>

**The ILS Coach Mission Statement:**

"Empowering others to 'be all they were born to be!'"

**The ILS Coach Credo, our pledge to values and ethics:**

"The ILS coach supports that every individual has unlimited resources within their own being.

We pledge to hold a safe and unconditional space for our coachee's.

We honour that we are equal to our coachee's and that they are equal to their lives.

We commit to coach our coachee's in a professional, ethical and solution focused way.

Through the art and professional of coaching, we support our coachee's to discover the answers, insights and resources they seek, from within themselves.

In this way, the ILS coach empowers their coachee's to become internally referenced, solution orientated and pro-active. This frees them to be all they were born to be!"

**The ILS Core Values:**

Purpose, Wholeness and Equal to

**PURPOSE :** We hold that, like an apple tree grows to its full potential, that every individual is born to be all they were born to be!

**WHOLENESS:** We hold that every individual is whole, extending beyond the self, to include the unity of all life. Furthermore, we hold that all true paths of healing and empowerment return us to our intrinsic wholeness.

EQUAL TO: We hold that all individuals are innately equal to each other. We hold that an empowered individual who has freed their authentic self, becomes equal to their lives. <http://www.ilsifecoachtraining.com/>