
Certified Professional in Empowerment Coaching

Unit 7: Overcoming Obstacles and Limiting Beliefs

In this explanation, we will cover key terms and vocabulary related to Unit 7: Overcoming Obstacles and Limiting Beliefs in the Certified Professional in Empowerment Coaching course. We will discuss various concepts and provide examples and practical applications to help you understand and apply these terms in your coaching practice.

1. **Limiting beliefs**: Limiting beliefs are thoughts or ideas that hold us back from achieving our goals or reaching our full potential. These beliefs are often negative and can be based on past experiences, cultural or societal influences, or fears. For example, a limiting belief might be "I'm not good enough to start my own business."
2. **Obstacles**: Obstacles are challenges or barriers that prevent us from achieving our goals. These can be internal (such as limiting beliefs or fears) or external (such as lack of resources or support). For example, an obstacle to starting a business might be a lack of funding or a fear of failure.
3. **Reframing**: Reframing is the process of changing the way we think about a situation or belief in order to see it in a more positive or productive light. This can help us overcome obstacles and limiting beliefs by shifting our perspective and allowing us to see new possibilities. For example, instead of thinking "I'm not good enough to start a business," we might reframe it as "I have the skills and abilities to learn and grow as a business owner."
4. **Empowerment**: Empowerment is the process of helping someone gain the confidence and ability to take control of their own life and make positive changes. As an empowerment coach, your role is to support and guide your clients as they overcome obstacles and limiting beliefs and work towards their goals.
5. **Self-talk**: Self-talk is the internal dialogue that we have with ourselves. It can be positive or negative and can have a significant impact on our thoughts, feelings, and actions. For example, negative self-talk might include thoughts like "I'm not good at this" or "I'll never be able to do it." As a coach, it's important to help your clients become aware of their self-talk and learn how to reframe negative thoughts into more positive and empowering ones.
6. **Mindfulness**: Mindfulness is the practice of being present and fully engaged in the current moment. It involves paying attention to our thoughts, feelings, and senses without judgment. Mindfulness can help us become more aware of our limiting beliefs and obstacles, and can provide a sense of calm and clarity. As a coach, you might encourage your clients to practice mindfulness through techniques such as meditation or deep breathing.
7. **Visualization**: Visualization is the process of creating mental images of our goals and desired outcomes. It can help us focus our thoughts and energy on what we want to achieve, and can make our goals feel more real and attainable. As a coach, you might encourage your clients to use visualization techniques to help them overcome obstacles and limiting beliefs.
8. **Accountability**: Accountability is the act of taking responsibility for our actions and commitments. As a coach, it's important to hold your clients accountable for following through on their goals and taking steps to overcome obstacles and limiting beliefs. This can involve regular check-ins, setting deadlines, and

providing support and encouragement.

9. **Resilience**: Resilience is the ability to bounce back from setbacks and challenges. It involves developing a growth mindset, learning from our experiences, and being adaptable. As a coach, you can help your clients build resilience by encouraging them to view obstacles as opportunities for growth and by supporting them as they navigate challenges.

Challenge:

- * Identify a limiting belief that you hold.
- * Reframe that belief into a more positive and empowering statement.
- * Practice mindfulness and visualization to help you overcome the belief.
- * Hold yourself accountable for taking steps to overcome the belief.
- * Reflect on your progress and identify ways to continue building resilience.

By understanding and applying these key terms and concepts, you can help your clients overcome obstacles and limiting beliefs and work towards their goals with confidence and empowerment.