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LIFE COACH

5 Common Myths About Life Coaching (And the Truth)

Myth #1: Life coaching is just therapy with a different name.

Truth: Life coaching focuses on present and future goals, while therapy often addresses past trauma and emotional healing.

Myth #2: Only people with problems need a life coach.

Truth: Life coaching is for anyone seeking growth, clarity, or a push toward their goals-just like a personal trainer for your life.

Myth #3: Life coaches tell you what to do.

Truth: Coaches guide you to discover your own answers and help you stay accountable, but they don't dictate your choices.

Myth #4: You need to have a major life crisis to hire a coach.

Truth: Even small transitions or goals-like career shifts or confidence building-are valid reasons to seek a coach.

Myth #5: Life coaching isn't a real profession.

Truth: Certified life coaches undergo rigorous training and follow ethical guidelines to support clients professionally.