

Why Is There Still a Stigma Around Connecting with a Coach?

It's been shown that you are more likely to succeed when you have support surrounding you, so it's easy to see why starting on a path towards any sort of goal is much more doable when those who mean the most to you are on board, such as your family, spouse, kids, etc.

That being said, it's surprising that there is still often a stigma associated with connecting with a mental coach or health coach at all. While some concerns are valid, know that these professionals have your best interest at heart.

I Can Do It All By Myself

Some people might feel that a mental or health coach is unnecessary. There could be the belief that if you were truly ready and in the right mindset, you could just motivate yourself, snap your fingers, and conquer all of your unhealthy habits.

However, one of the things you might struggle with most with as an individual with goals is *accountability*. With no one to remind you of your intentions besides yourself, it can be way too easy to buy into your own excuses and justifications. Unfortunately, this is the same process that likely got you into your current situation where you are seeking assistance.

You need someone to snap you out of that cycle and keep your best interest at the top of your mind, even on the days when you don't want to.

Coach Credentials

As health, mental, and life coaching has exploded in popularity over recent years, largely due to demand, so have qualifications been coming into question. After all, what makes a good health or mental coach, as opposed to a nutritionist, dietician, psychologist, counselor, or psychiatrist? They are already well-educated in these areas, so why the need for a coach?

For one, many coaches have acquired either a certification or additional education to support their coaching abilities. What largely sets coaches apart from professionals is their motivating personality.

Coaches provide an enhanced level of accountability that other professionals may not. The reasons for our mental or physical health needing attention are often complex and deserve not just attention, but constant support in order to resolve them.

Think about when you order a complex item from Amazon that requires assembly. You can be given the instruction manual and all of the tools, much like professionals can do for your physical or mental health, but isn't it that much more helpful to take advantage of the additional service that actually puts the item together for you?

A nutritionist can provide you with a manual. A health coach will help you assemble yourself. A psychiatrist can discuss your unhealthy tendencies with you. A mental health coach will help you transform them into healthy habits to take with you for a lifetime.

Often, mental coaches and health coaches went that route professionally because they have the skills to motivate others, or they experienced a life-changing transformation of their own, or they have a combination of both.

This relatability, coupled with a “if I could do it, you can do it too” approach, is a far outcome from that initial fear of being judged. Quite the opposite feelings are in play. Mental coaches and health coaches have often been exactly where you are. Their passion counteracts your fear. Their personal transformation silences your uncertainty. They want nothing more than to help others achieve what they’ve unlocked for themselves.

Mental coaches and health coaches can hold you accountable, motivate you, help you come up with a plan of action, support you, and help you navigate every challenge life throws your way.

Fear

One of the biggest reasons why you may be hesitant to work with a mental coach or health coach is fear. You may have fear of being judged by a coach for your previous decisions as well as those that you still may continue to want to make even once you begin working together. You may lack confidence to admit that you could use some coaching assistance at all in order to become the best version of yourself. You may be too prideful. You might believe that others would perceive you as weak if you need help “getting it together”. You might have a fear of uncovering deep-seeded issues that you’ve suppressed up until now. Maybe you’re afraid that speaking to a mental coach or health coach could result in you being put on medication. You might be hesitant to open up to a stranger or face your issues once and for all.

Fear is one of the most natural feelings you can experience as a human, but, if it’s not labeled for exactly what it is, fear will often dictate why you won’t do most of the things that you want to do in this lifetime. If fear governs your thought process and decision-making skills, you will surely deprive yourself of the wealth of opportunities that this lifetime has to offer you.

Final Thoughts

If your son is naturally good at football, would you not sign him up for a team so that he can be coached to become the best player he could? If your daughter wants to sing on Broadway, wouldn’t you want a vocal coach to help her strengthen her skills and teach her methods and techniques that she may have otherwise not considered? No one is saying that you don’t have the power to smash goals yourself, but it’s helpful to have that additional guidance, words of wisdom, and those little “you remind me of myself when I was where you are” moments with a mental health coach or health coach that will keep you motivated day-in, day-out, particularly when you don’t feel like showing up for yourself.

If you were already able to always show up for yourself, you would already be where you’re trying to go.