

Transformational Living

Dr Patrick Williams

“Unlocking Coaching Mastery” with Arete Coach



In this episode, recorded on November 27, 2024, Dr. Patrick Williams discusses “Unlocking Coaching Mastery.” Dr. Williams is a pioneer in the coaching profession, Master Certified Coach (MCC), and founder of the Institute for Life Coach Training (ILCT). He has been instrumental in shaping the coaching industry, serving on the International Coaching Federation (ICF) board and being honored as an inaugural member of the ICF Circle of Distinction.

[Learn more and listen](#) to this Arete Coach Podcast, hosted by Severin Sorensen.

INSIDE THIS ISSUE

“Unlocking Coaching Mastery”
with Arete Coach.....1

Still Interested in Your Compelling
Stories! 2

Emotional Literacy Academy 3

Lies You Tell Yourself That Can
Keep You Stuck In Unhappiness..4

Lies You Tell Yourself That Can
Keep You Stuck In Unhappiness
(Continued).....5





Still Interested in Your Compelling Stories!

In the near future, I am planning to publish a new book called *GULLIBLES TRAVELS*. (If you're under 40, chances are you may have never read or even heard of the book, *Gulliver's Travels* by Jonathan Swift).

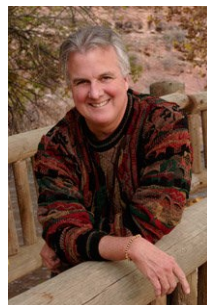
Therefore, my 'play on words' needs **your** stories about times when you were gullible, duped, conned, cheated, fell for a fake promise, etc.

Your stories can be about relationships, sales traps, timeshares, politics, and more. If you prefer to NOT list your name with the story, you can use two initials or 'anonymous'. Below are a few simple guidelines I'd like to offer:

- a) 1 - 2 pages in length
- b) Incident
- c) What happened
- d) Outcome or learning
- e) No definite timeline; the sooner you can get us your story, the better

If you would consider contributing your story for my new book, please submit to support@gulliblestravelstories.com.

Thank you for your consideration!



EMOTIONAL LITERACY ACADEMY

This program is for you:

IF . . .

- You are a Coach, Counselor, or Consultant
- You are looking to add “Emotional Literacy” to your professional and personal toolbox
- You see the value in becoming more emotionally literate

OR PERHAPS . . .

- You’re seeking a personal reinvention.
- Your peers are making choices you feel you can never choose. To do so would be giving up/selling out.
- You’re looking for a way to break free and stay true to who you truly are.



Why should I get the Emotional Literacy Academy Certification?

1. Help your clients learn how to appropriately incorporate and communicate their emotions with the right people at the right time.
2. Receive certification to list on your website or social profiles.
3. Listing as a certified Emotional Literacy Academy Professional.
4. Referrals for individuals looking for an Emotional Literacy coach or consultant.
5. Access to the Emotional Literacy Academy community.
6. Office hours with Dr. Patrick Williams, if you get “stuck”.

12 LIFE CHANGING MODULES

Click below to watch Dr. Pat’s short video



Dr. Pat Transformational Living.mp4

How do I get certified?

Complete the Emotional Literacy Academy online courses and the short examination. The “Emotional Literacy Academy” was formerly known as “Conscious Living Mastery” but has been updated for the new certification. You can [find the courses here.](#)

LIES YOU TELL YOURSELF THAT CAN KEEP YOU STUCK IN UNHAPPINESS

What are the lies we tell ourselves, and how do they get in the way of authentic relationships?

Is there an elephant in your 'relationship' room?

There are lies we tell ourselves. And they prevent us from having authentic, emotionally naked relationships with the people who should be our closest friends and confidantes.

Telling the truth is hard. But avoiding the hard truths and telling lies instead – the ones you tell yourself and your loved ones – only prevents you from living your best, authentic life.

How do you address the elephant in the room...and to whom?

Well, that depends...

Pride comes before the fall...

We've all done things we're not proud of, we've all made mistakes – and the severity of our mistakes varies from person to person.

Maybe you've lost money gambling, you've been arrested, you've had an affair, or you've lied about a life goal that lives deep in your heart but were afraid to share.

The severity of the lie isn't the issue...it's learning how to be honest with yourself, and honest with the person you've invested your future in...the person who will help you be your best self.

There might be some secrets you're afraid to share with your partner. I'm a strong believer in sharing all the shades of our personalities – [the dark and the light](#) – but if you don't feel comfortable sharing all those shades with your partner, you need a trusted, neutral confidante. You need a therapist, counselor, or coach who will guide you through the conversations you need to have in order to shine a light on the dark side...to bring into the light.

We're all here for a reason.

To every thing there is a season, and a time to every purpose under the heaven. Ecclesiastes 3:1

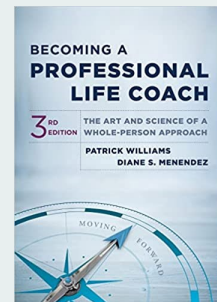
I believe that we're all here for a reason, we all have a purpose. We have certain gifts...and certain deficits. They make us human. But how do we make the most of our gifts, and adapt to our deficits?

When you're entering into a relationship, you're going to bring your strengths, and your vulnerabilities, to the table. There will be certain 'absolutes' in the early going:

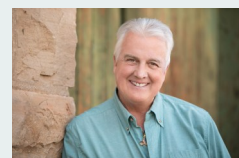


[Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition](#)

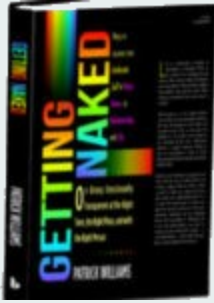
by Dr. Patrick Williams,
Ed.D., MCC, BCC &
Diane S. Menendez



Full of new information on the neuropsychology of coaching, this new edition explores the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. This book is one-stop shopping for beginner and advanced coaches alike.

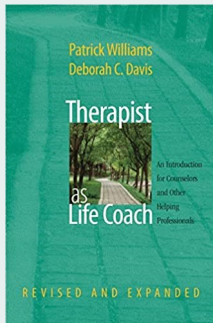


LIES YOU TELL YOURSELF THAT CAN KEEP YOU STUCK IN UNHAPPINESS (CONTINUED)



I hate the smell of cigarettes.
I'm allergic to cats.
I'm a terrible cook.
I thrive in a crowd.
I like to be alone with my thoughts.

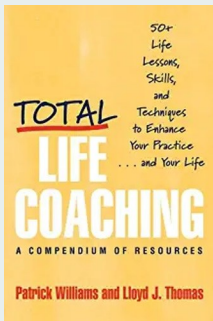
It's vital that you're honest with yourself, and your partner, about the absolutes in your needs and wants. Maybe you don't like the smell of cigarette smoke, but you don't 'hate' smokers. Or you don't like socializing every night of the week, but you can enjoy time with friends on a Friday night...just so long as you have some quiet time the next day to recharge your social battery.



How will your partner know that you need or want these things unless you're willing to share?

The bits of your 'self' that you share can be very visceral.
I've been hurt in the past and I have difficulty trusting people.
I'm dedicated to my work, but sometimes feel tethered and it's frustrating.
The smell of cigarette smoke reminds me of some childhood pain.

It's okay to have these responses to triggers in your life, but if you share them in the early going, or lay down a path to sharing when you're in the midst of a committed relationship, you'll find a happier, more fruitful path.



Listen to the 'still small voice'...

One of the greatest lies we tell ourselves is that our fears and dreams aren't valid. But our "still small voice" (Kings 19:11) is speaking to us all the time. And when we embrace those truths, we open ourselves up to a world of possibilities. I call them Naked Nuggets.

Seize the opportunity to stare your dreams and anxieties in the face...and share them with the person who is going to walk alongside you on your life journey. They don't have to provide the solutions to all your problems, and they don't have to be champions for all of your life causes, but knowledge of your intentions will enrich their understanding...and your relationship.

For the Naked Nuggets you don't want to share with your life partner, find a trusted third party who will listen to your concerns, fears, and aspirations without judgment. They will have tools necessary to help you walk through your life journey with vibrancy...fully engaged, unencumbered by your fears and foibles.

It's vital that you tell the truth...to yourself, and the people in your life who want to help you fulfill your dreams and aspirations and forgive you for your mistakes.

If you'd like to learn more about being emotionally transparent, contact me. I'd love to hear from you.



Dr. Patrick Williams