



## Ebenezer Scrooge Had a Life Coach?

By Berry Fowler

When Charles Dickens provided Ebenezer Scrooge with the ghost of Christmas future, he created what may have been the first literary description of a life coaching experience. When Ebenezer's poltergeist showed the old fellow a view of the future, he was employing a powerful tool used by professional life coaches to help their clients live a happier and more fulfilled life.

The biggest difference between Scrooge's ghost and today's life coach is we make the process painless. We help our clients to create the future they want. We guide clients in developing a crystal clear vision of exactly what their future will look, feel and be like when they have achieved their goals. We help them to create plans, prioritize and take

actions, and remain accountable to achieving results. We also help them to identify and overcome any potential obstacles or roadblocks that may stand in their way of achieving success and living their dreams.

If Scrooge's apparition would have taken a modern day Life Coach Training Course, he would have served his client much better.. As it was they just scared the hell out of poor old Ebenezer and left him on his own to figure things out. It worked well in the story, but it doesn't always work that way in real life.

Life coaching can make a huge difference in a client's life especially when times are tough like those in Scrooge's day, and like the times we find ourselves in today. Having a trained life coach in one's corner can be the difference between living a life filled with happiness and participation or moving through life wishing and hoping it could be better.

In the month of November of 2008, Google reports over 135,000 searches for the term "Life Coach". This is one of the reasons we see more and more talented people interested in attending Coaches Institute International's Certified Life Coach Training Course. These folks want to help. They feel a genuine calling to leave this world a better place than it was when they first arrived. And, based on recent statistics they have a lot of people to help.

Back in 1843, Ebenezer Scrooge may not have had the benefit of a professionally trained life coach, never the less his experience was life changing. Unfortunately, many of us won't have the benefit of Scrooge's midnight visitor. And, who really wants to be awakened in the middle of the night for a life coaching session anyway?

So, if you find yourself with a bit too much “Bah, Humbug” in your holidays, or in the upcoming New Year, I recommend you find a certified life coach to help you make 2009 the very best year you’ve ever had, or better yet, become a life coach and help others realize their dreams. “God Bless us, every one!” and Happy New Year.

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[Berry Fowler](#) is a Certified Master Coach and the CEO of Coaches Institute International. He and his team provide training and certification in Life and Business Coaching to individuals, corporations and non-profit organizations. To learn more about Berry’s company visit [www.coachesinstitute.com](http://www.coachesinstitute.com).

Berry is also the founder and former Chairman of Sylvan Learning Centers and The Little Gym International. Fowler has over 30 years of experience in developing and implementing systems, curriculum and training programs that have helped millions of individuals to achieve a higher level of success. Fowler, a former classroom teacher, is the author of [Return from Krypton, Rational Steps to Entrepreneurial Success](#).