



## Peer Counseling and Life Coaching: An Introduction

A close-up portrait of a woman with long, straight brown hair and green eyes, smiling gently at the camera. She is wearing a grey top. The background is a blurred forest scene with green foliage and brown tree trunks.

# Hi, I'm June!

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# What is peer counseling?

**Peer counseling** is when one person offers support to another person with whom they **share similar experiences**. Their **empathy, encouragement, advice** and **specialized training** allows them to help an individual with **personal, professional, social, or emotional challenges** through one-on-one connection.



# What is peer counseling?



# What is peer counseling?



# The Benefits of Peer Counseling



- Feeling seen and supported
- Getting credible and reliable information from a peer
- Increased self-awareness and self-confidence
- Reassurance and validation
- Advice from someone with similar experience
- Non-judgemental environment to express your feelings

# What about Life Coaching?

# What is life coaching?

**Life coaching** is a **collaborative relationship** where a coach helps an individual identify and **work toward personal development goals**, which can include their **career, relationships, health and wellbeing, work-life balance**, and more.



# What is life coaching?

**Identify Goals**

**Make Plans**

**Navigate Challenges**



# What is life coaching?

- Communications Skills
- Building better habits
- Leading a purpose-driven life
- Developing leadership skills
- Manage stress
- Create work-life balance
- ...and more!



# Life Coaching Efficacy Research

- **Reduced procrastination** and improved **goal attainment**
- Boosted **self-efficacy** and **self-empowerment**
- Coaching has significant positive impacts on **performance and skills, wellbeing, coping, work attitudes, and goal-directed self-regulation**
- 80% of people who receive coaching report **increased self-confidence**
- Over 70% benefit from **improved work performance, relationships, and more effective communication skills**



# The Benefits of Life Coaching



- Boost self-confidence
- Increased self-awareness
- Build decision making abilities
- Clarity on goals and paths to achieve them
- Identify determined actions toward key objectives
- Maximize potential

# How does it work?

# The Process

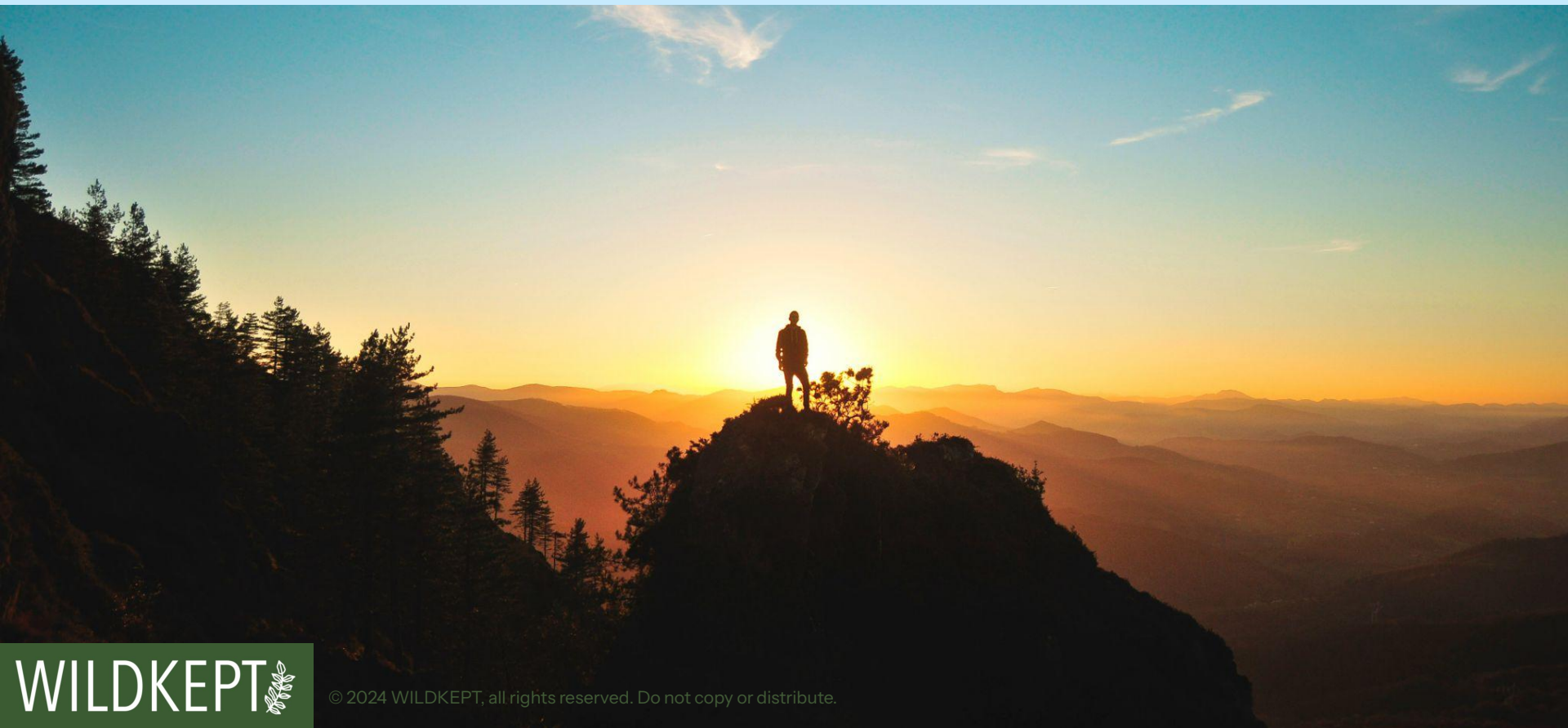
1. Goals and Interests

2. One-on-One

3. Follow-up



# 1. Goals and Interests



## 2. One-on-One





### 3. Follow-up





# Values Exercise

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Value	Importance Rate on a scale of 1 to 5

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# Values Exercise

Certainty  
Control  
Financial  
Stability  
Health  
Job Security  
Peace  
Privacy  
Security  
Trust  
Acceptance  
Compassion  
Family  
Forgiveness  
Friendship

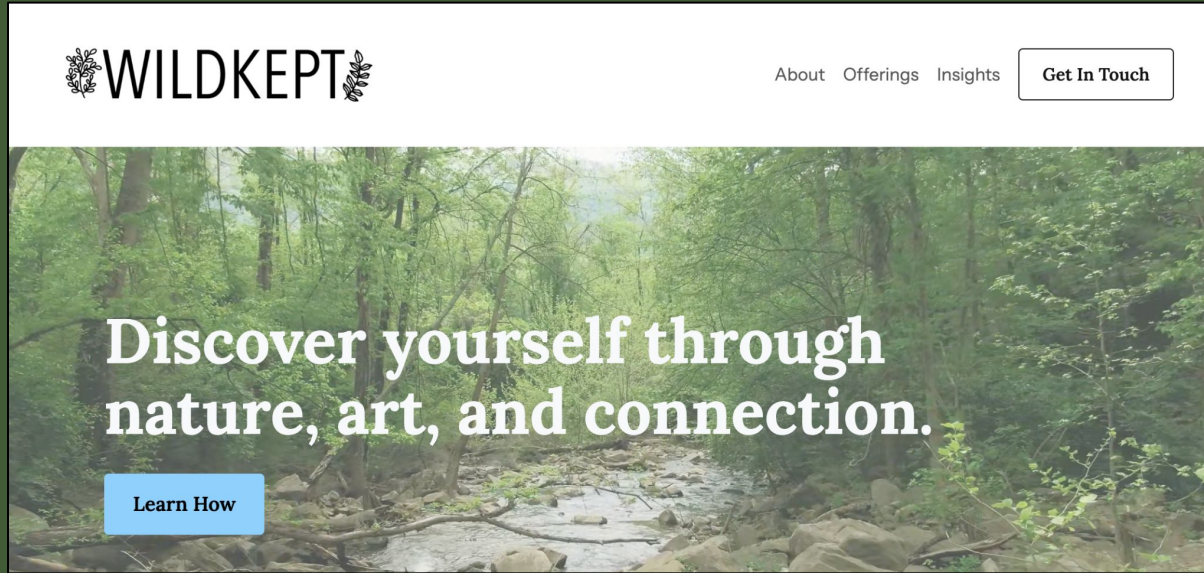
Popularity  
Reputation  
Respect  
Uniqueness  
Wealth  
Accountability  
Adventure  
Ambition  
Challenge  
Curiosity  
Determination  
Discipline  
Excellence  
Growth  
Honesty  
Love

Intelligence  
Success  
Variety  
Wisdom  
Authenticity  
Commitment  
Contribution  
Creativity  
Equality  
Ethics  
Excitement  
Freedom  
Helpfulness  
Influence  
Loyalty  
Religion

Independence  
Inner Harmony  
Justice  
Meaningful Work  
Passion  
Pleasure  
Spirituality  
Tolerance  
Appreciation  
Authority  
Beauty  
Competence  
Courage  
Fame  
Teamwork  
Tradition



# Now what?



**More info at**  
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