



BRIEF SOLUTION-FOCUSED LIFE COACHING ***PROOF THAT IT WORKS!***

Manon Dulude is pleased to release the results of a Life Coaching Research Project

A STUDY OF THE EFFECTIVENESS OF TELEPHONIC, BRIEF SOLUTION-FOCUSED COACHING ON LIFE SATISFACTION MEASURES

By
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In 2011, Manon Dulude Ph.D. conducted a life coaching research project to evaluate the effectiveness of a short-term coaching model (brief solution-focused life coaching) on the emotional and cognitive aspects of life satisfaction (how positively people feel and think about their life). This research project was a doctoral dissertation requirement. Aspiria EAP Corp. sponsored the research project.

Volunteers for this research project were recruited from the employee pool of Aspiria's corporate clients. One hundred and six (106) subjects were randomly assigned to either a sample or control group. After completing six brief solution-focused life coaching sessions within a 12-week period, a statistically-significant difference was found in the pre- and post-Satisfaction with Life Scale (SWSL) measure for the coached subjects while there were no significant changes in pre- and post-Satisfaction Scale of Positive and Negative Emotion (SPANE) measures in either the control or the sample group. ***This means that six (6) life coaching sessions were sufficient to change how people think about their life.***

67 % of the participants reported experiencing a turning point in gaining clarity in their challenges and the actions needed to impact their situation by the second or third life coaching session.

Other benefits of working with a coach identified by the participants were; being actively listened to, feeling encouraged, getting a boost in confidence, keeping their focus on areas of life that needed attention, and assisting in defining areas of life to work on.

The study identified improved confidence, positive outlook, understanding of self, determination, momentum, and increased courage as the most common experienced subject gains.

The findings also demonstrated that telephonic life coaching was confirmed to be a viable approach to deliver this service with a reported rate of 95% of subjects able to positively connect with the coach.

In conclusion, the findings indicate that telephonic brief solution-focused life coaching (six sessions) brings value to those who avail themselves of the service and positively impacts people's lives.