

New Years 2013: The Mission Of A Life Coach... Reach Your Personal Potential

Nick Thorp is a new addition to New Life's life coaching team. As the amount of residents staying at New Life is quite high all the time, New Life had to hire new life coaches so that the work load of a single life coach would not be too overwhelming. Kruu Kade, the director of the New Life program, feels that it is important that each life coach has enough time for the residents.

What is life coaching? Are life coaches some kind of supernatural human beings, the enlightened ones, who come to tell us what to do? Do they possess wisdom we don't have? Or are they as vulnerable as the rest of us, sensitive human beings carrying the mistakes they have made in life? As New Year is approaching, we wanted to find out all the mysteries about the life coaching business. After all, we give our lives into the hands of them, we want to also know something about them.

Hello Nick! Could you tell us a little bit about your past, when did you come to Thailand and what have you been doing here? Did you have any recovery process going on when you arrived at Thailand or do you feel that you have been mostly happy here?

Well, I have been happy but I have been going through a recovery process now about 22 years. I came to Thailand two years ago to be a monk in Tham Krabok monastery for one year. Then I went to work in a drug rehab center in Ko Samui. After that I did some workshops at New Life, after which I had my own recovery center in Ko Samui. And now I am back at New Life!

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What is your own definition of life coaching? What does it actually mean in contrast to what is it supposed to mean?

I have a special term for my own program that I give to people. I call it "soul coaching" because I work with releasing negative conditioning. The aim is to make a connection with yourself and to reach your personal potential so that you have freedom to live fully. But I have specialized in addictions, as well. So addictions and people who are lost in their lives are my two favourite areas.

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Are life coaches allowed to be fragile human beings or is some kind of firmness a requirement?

Yes, absolutely, you have to be stable yourself. I have been in this journey for 22 years and fallen down a few times as well so I have learned from this. For the last 12 years I have been studying psychology, different kinds of spiritual practices and lots of different teachings and beliefs. I have been both a student and a teacher. My own experience together with the education gives me enough tools to do this work.

In your opinion, what makes a good life coach? Does a life coach need any education or is it enough to draw insights from one's own life? Is it good to go through some personal conflicts to become a good life coach?

I think it is a mixture of all three. You need to have some kind of education. It is essential that you have personal experience, especially in addiction because only an addict can really understand what it's like to be an addict. You also need certain characteristics, you need to be a certain type of person. But the most important need is that you have empathy and intuition and insight.

When a life coach is working with people, is there an effort to consciously help those people, to help them to have deep insights? Or is it more like there is somebody who listens when a person is going through great suffering?

There are two approaches. Sometimes it is important just to listen. The approach that I have taken is I work with people to find out a solution to work through their problems. So I believe in practical applications. I think knowledge alone is not enough, whether it is self-knowledge or knowing the tools or the philosophy. You have to apply it into your life. The approach depends on the situation and you have to feel what is right for a particular situation. So I mix both approaches.

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Sometimes a great amount of energy is released when a person is able to go beyond suffering. Have you witnessed these kinds of healing miracles many times?

It is an important part of the process, it is a kind of rebirth. I want to avoid the word "rebirth" because it has become so trendy. But it is a restart, a new beginning. We let go of all the pain and the past. I have seen it happen many times and I have also experienced it myself. When I see people going through a process and letting go and opening up, for me it's just a feeling of great joy. It's so wonderful!

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If somebody has a long history of depression, drug addiction or stress, do you think it is still possible for her/him to go completely beyond suffering?

Yes, it is possible! But not everybody can get it as it takes certain things in yourself to get it. Still I think it's possible for everybody unless there is a major clinical disorder. Then it's more difficult and I don't know how to deal with that anymore. But certainly with addiction, with stress and normal depression and grief it's possible. It just needs time and effort to get there. The reason for New Life is to help people to accomplish it!