

Life Line

Gd's Annisa Rochadiat finds more out about Rami Doleh and his renowned life coaching workshops



Images by: Moraz Abu Hamdeh



MENTAL HEALTH

It's similar to therapy & counseling, but not entirely

While psychological interventions are usually aimed at helping people deal with past issues in order to help them move on, life coaches deal with people who are already set in progressing to the next stage in life. Those people who are ready to move forward, but may need that extra support and encouragement.

"So, what do you see yourself doing in the next five to 10 years?" It's common question asked during job interviews, but its answer may escape many of us, both professionally and personally.

Buried under the responsibilities, projects, activities, and social engagements, it's easy to become overwhelmed and often we end up neglecting our own well-being as we focus on our families, relationships, and careers. When we're run down by the daily grind, many of us may feel like we've lost a sense of direction in life — not being able to see the big picture any longer. For

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some, this can translate into that nagging sense of being stuck; of not achieving anything meaningful, mental and emotional burnout, or simply the feeling of being in a state of perpetual confusion.



Tip: Since you're likely to work closely with a life coach, it's important that you look for someone whom **you'll feel at ease with** and click interpersonally. Remember that **being comfortable** with a coach's communication style and personality is a key part of the learning journey.

That's where a life coach comes in to throw you a lifeline by helping you navigate through the muddled waters of daily living. As a multi-disciplinary practice, life coaching helps people identify and reassess their personal needs and goals, making it easier for them to prioritize and make decisions, facilitating an accomplished, desirable life.

Usually dealing with specific personal projects and career objectives, a life coach helps draw out your potential and assist you in identifying and overcoming obstacles and challenges. At least, that's what Amman's own Certified Life Coach and International Professional Trainer, Rami Doleh, has set out to do.

With over 17 years of consulting experience under his belt and an MBA, Doleh now reaches out to individuals needing assistance in setting their personal agendas and goals by offering one-on-one life

coaching sessions and his "iDecode: Crack Your Internal Code" group workshops. Doleh works on a particular niche in his sessions, namely, "Discovering Life Purpose." The underlying philosophy of the workshops is for participants to learn to understand themselves better as the first step before understanding one's life purpose and seeking personal growth.

In recent years, life coaching has gained in popularity because of how effective the technique is. Strong encouragement and motivation have an immense impact on the way people think, feel, and thus behave. Noting that life coaching is still a relatively new concept in Jordan, nonetheless, Doleh added that actual sessions are the only means for participants to get a real feel of the practice and the potential scope it covers. Those interested in getting their life in order are therefore welcome to contact him directly. ☎