

How to Become a Personal Coach and Work from Home

Do you want to help others achieve their goals? Becoming a personal coach might be your ideal work from home calling! Keep reading to find out more.

I remember the day when I sat down with my career counselor to chat about my SAT score, colleges, and what I wanted to do with my future. Growing up, I never had an overwhelming desire for one occupation. I enjoyed helping people, so I dabbled with the idea of teaching, nursing, and social work ...but I didn't know what direction to take. After chatting with my high school career counselor, I decided to look into career counseling as a profession—after all, what better way to help and guide kids?

However, after looking deeper into the profession, I learned that not only would I have to get a bachelor's degree in psychology, but I would also need to get a master's degree in counseling, which would require an additional two years of schooling. At the time, getting a master's degree was not on my agenda, so I went off to college as an undecided major.

If you enjoy [helping people](#) and would like to help them with their professional or personal growth, there is an alternative to counseling, and that's personal coaching. In fact, with the internet and advances in technology, the landscape of coaching has changed dramatically. No longer are individuals constrained to meeting in person—now individuals can work from home in a wide variety of niches using a platform like Zoom. You can also work in a wide variety of specialties, helping people overcome different types of obstacles and helping them live their best lives.



