

Please follow this link to Bill Holland's article about Arthur Boorman's journey to wellness:

<http://billybuc.hubpages.com/hub/The-Human-Experience-The-Arthur-Boorman-Story>

Please follow this link to a discussion I conducted with the subject of this article:

http://www.youtube.com/watch?v=2C_pAAGG080

This article shows how with the proper support system/coach, you can overcome any obstacle in your way. We see a man who had hit rock bottom. His life became so painful, complicated and hopeless, and professionals had basically told him giving up was his only choice. Arthur had given up on living, or had he?

In a time of desperation, he reached out to someone who could support him to reach his goals and restart his life. As we see from the article, he found the internal strength to remove the physical, mental and emotional barriers that were keeping him from living the life he wanted to live. Diamond Dallas Page was that support system. He believed in Arthur and enthused him to reach his goals. Page offered some tools in diet and exercise to help Arthur move forward. Arthur took this inspiration to great heights.

Bill Holland's article expresses many coaching concepts. His "belief in the human spirit" and the capabilities we all possess embody "living the coaching life". His wording mirrors the concepts we follow at the International Coach Academy. He does not see things as negative, but as

obstacles or barriers to reaching our goals. This attitude is what allows us as coaches to support our clients in finding ways to leverage our strengths to overcome these obstacles and barriers.

He realizes we all have the fortitude to achieve all goals within each of us. He speaks of “Human Resiliency” and having the support system to bounce back. He describes how we need to find that “Spark of Life”. To me, this mirrors the concepts of Mindfulness, Awareness and Acknowledgement. His writing shows us how we can overcome by creating Structures and living according to our personal Values and asserting our Life Purpose.

My main takeaway from this article is, each of us possesses the tools to make us capable of being the best “us” we can be. We do not have to accept living a life that is less than our aspirations. We are in control, and this is what we are supporting our clients to find within themselves.