

What is Activation™ Method Coaching?

Activation Method Coaching is a dynamic type of life coaching which is used worldwide to help individuals, families, couples, and organizations to support the individual and group. Our system of change empowers the client to take action daily in their life. It is through real actions, taught to you as Strategies, that a client creates the real and lasting change they desire. Activation Method believes that all people have the potential to overcome the negative patterns and beliefs which keep them from thriving and reaching their goals.

How is Activation Method Coaching different from other types of Life Coaching?

A Certified Activation Method Coach has gone through intensive study and training in strategies to handle the whole range of human needs and life challenges. Most life coaching trainings focus on one type of result such as: goals, beliefs, or steps while AM helps address the wide range of human potential and obstacles. AM Coaches are trained to identify every type of obstacle that may be holding a client back (such as their internal beliefs, their communication patterns, their relationship beliefs and practices, their life stages) and prescribe practical strategies to create results in each of these areas. Coaches provide practical frameworks for the client to understand their options, and then offer them strategies and actions for bringing about the changes they want. Activation Method encompasses goal setting, communication skill building, relationship work, high performance, meaning/purpose discovery, and uses creative modalities to help clients put their dreams into action. The Client expands their ability to think creatively, see potential in every part of life, expand and deepen all their relationships, and overcome the fears which have limited their joy and progress.

What can you expect to improve in your life as you work with your Certified AM Coach?

You can expect to gain clarity, action, and progress towards the goals you want to achieve. You will learn about yourself and how to be more effective with the key people in your life. Insights often include: how to rebuild a difficult relationship, how to become more inspired about your career, how to plan for effective action. Most clients discover areas of opportunity, freeing up energy and initiative, and more insight and harmony with those they care about. Relationship is key to all AM Coaching.

How is Coaching different than therapy?

Psychotherapy and counseling generally work within a medical framework: identifying and diagnosing dysfunctions and prescribing treatment. Coaching starts with you, now, and how to take practical steps to make progress towards the goals, relationships, and experience you want. Activation Method begins with the belief that the solutions that the client wants are available to them right now, and greater well-being and happiness comes from the ability to take smart and creative actions in life. Coaching is not meant to replace psychotherapy - it is a distinct practical approach to supporting clients in the decisions and actions that will support their goals, relationships and fulfillment in life.

What does it mean to be certified by Mark and Magali Peysha as an Activation™ Method Relationship Coach?

Relationship Coaches who have been certified by Mark and Magali Peysha have received the highest level of personalized instruction. As founders of Activation Method and Strategic Intervention, the Peyshas are at the forefront of creating new and diverse strategies and applications in Coaching. The Coach who is Certified personally by Activation Method/StrategicIntervention.Com has shown dedication and mastery of a wide range of coaching skills, and strategies.

Who are the founders of Activation Method?

Mark and Magali Peysha founded Activation Method Coach Training as a way to train coaches in the art of Relationship, Group, Parenting, Spiritual and general Life Coaching. They are also co-founders of Strategic Intervention Coaching Methods and have written important books in the field of coaching. You can find these on Amazon.com under, The Strategic Intervention Handbook, and Love Happier, titles.

How is Activation Method being applied in various industries worldwide?

Activation Method is being used with people of all ages to create greater understanding and personal success. In the medical field, hundreds of care providers are using it to improve the healing process for patients and their families. In industry, AM strategies are being used by managers, business owners, public relation representatives, entrepreneurs, and leaders to create understanding, personal responsibility, team cohesion, and higher standards for connection, leadership, and success. In education, teachers are using AM strategies to better understand, connect with, and teach students of all ages.

What to expect from your Activation Method Coach?

Your Coach will usually begin by learning all about you - your desired results as well as your highest priorities and closest relationships. By truly understanding your world, your coach will be an effective advocate for the results, relationships, and life that you desire. You will find that this system of coaching is a very customized experience. You will be heard, understood, and supported, and you'll be presented with a unique perspective and a series of strategies to improve your life and relationships. Clients gain a greater ability to see the "big picture" of their life, find and improve key relationships, take daily actions that increase their joy, and stop the patterns of fear and resistance that hold them back from living a joyful life. Couples often learn what has been missing in their relationship and how to add it into daily life. Families learn how to appreciate each person's uniqueness and join together in shared purpose and love.