

Insight on Coaching – Guest Bio

Pat Williams: CEO and Founder, The Institute for Life Coach Training

Introduction

One of the early pioneers of coaching, Pat is often called the ambassador of life coaching. Pat has been a licensed psychologist since 1980 and began executive coaching in 1990 with Hewlett Packard, IBM, Kodak and other companies along the Front Range. He joined Coach U in 1996, closed his therapy practice six months later and became a full time coach. Pat was a senior trainer with Coach U from 1997- 1998, when he started his own coach training school for therapists only, the Institute for Life Coach Training. He has trained over 1500 helping professionals at Inst for Life Coach Training and is now opening offices in Korea, Istanbul, Italy, and Australia.

Experience

- Pat is also department chair of the coaching psychology program at the International University of Professional Studies and has taught graduate coaching classes at Colorado State University and Denver University. He is also curriculum consultant for the Coaching Certificate program at Fielding International University.
- Pat has been on the ICF board of directors for the last three years, and co chaired the Regulatory committee as well. He is passionate about the profession of coaching and ensuring it remains a respected profession.

Education

He is a member of PHI BETA KAPPA and CUM LAUDE graduate of Kansas University in 1972. He went on to get his masters in Humanistic Psychology and doctorate in Transpersonal Psychology in 1977.

Professional Affiliations, Publications and Recognition

Pat is the Co-author of:

- Therapist as Life Coach: Transforming Your Practice
- Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance your Practice and Your Life.
- The Law and Ethics in Coaching: How to Solve and Avoid Difficult Problems in Your Practice
- Becoming a Professional Life Coach: Lessons from the Institute for Life Coach Training