

# Gulam Akbar

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London

## **Personal Profile:**

As a youth life coach, I have arrived after a long journey. I have had many positions in my working life. Of note, I have been a youth worker, a school family liaison worker and an IT tutor. But in life coaching, I have found my calling. It's something I cannot get enough of, and I almost don't view it as work but more of a passion bordering on obsession. And I feel this internal drive that I have for coaching makes me proficient at it, and I never stop learning.

Communication on a level with youngsters is a strength of mine. Something I developed over the years working in the community/voluntary sector of employment.

I am bilingual (I speak English and Bengali) and have experience working with youth from early adolescents to teenagers from both backgrounds. I am approachable and well-presented and can establish good relationships with people from various backgrounds.

I also have experience in working with multiple agencies such as the youth service as well as social services.

## **Key Life Coaching Skills**

### **Setting Goals**

Setting goals and achieving them is a fundamental aspect of my work with my client. It gives the client direction, purpose and a sense of achievement.

### **Motivation**

Motivation comes from having strong enough reasons for what you want to achieve. Having a strong enough 'why' can empower the client to achieve anything in life. As such, I will push the client to be crystal clear on the reasons they want to do what they set out to do.

### **Strategy**

Having a plan for life is valuable. To be able to have a strategy for dealing with the obstacles they will inevitably face in trying to achieve their goals is key. And I will support them in formulating their strategy for achieving their goals.

### **Validation**

I am the client's biggest 'cheer oner'. I champion the client's causes and aims in life. I am their rock when everyone else doubts them.

## Accountability

I believe part of a youth life coach's role is to act as an accountability partner holding the client accountable. Asking questions such as 'Have you achieved your goals?', 'Have you done what you said you'd do?', 'Are you moving closer to your goals?' and generally being proactive in making sure the client is on track for the tasks that they have chosen for themselves.

## Other Skills:

- Active listening
- Ability to maintain confidentiality
- Safeguarding
- Objective
- Challenge constructively
- Confident communicator (patient, enthusiastic)
- Flexible
- Record details accurately

## Work History

Self-employed	Nov 2015 - to date
Volunteer English Language Teacher, Latin American Disabled People's Project	Sept 2009 - Feb 2010
IT Tutor, Marylebone Bangladesh Society	Feb 1999 - Aug 2009
Family Liaison Worker, North Westminster Community School	Nov 1994 - Nov 1998
Youth worker, Marylebone Bangladesh Society	Oct 1993 - Dec 1998

## Education and Training:

BTEC National Diploma in Business and Finance, Hammersmith & West London College

GCSEs: English Literature, English Language, Biology and History  
North Westminster Community School

CELTA English teaching certificate, College of North East London

European Computer Driving Licence (ECDL)  
(level 2 IT qualification) Exchange Group, Marylebone Library

City and Guilds Office Procedures Exchange Group, Chalk Farm

Interests:

Reading, writing and spending time with family.

References

Available on request