



*by Ran Zilca*

## **Can You Go Online On the Ride Of Your Life?**

Some people don't believe me when I describe the early years of my career. I had an office in the student's association. In it, there was a desk, a chair for me, and an extra chair for a visitor, and a few bookcases. No computer - the association's office manager had the only computer on the floor. We handed her our letters, handwritten on a paper, and she typed them and printed them for us. No email yet, no Internet, no browsing, no Googling. I had an "inbox tray" on my desk, and on top of it, stacked an "outbox" tray, both of them filled with scribbled memo paper. We did rent a cell phone for our major annual event, though. It was great because the battery could hold for an entire hour and the phone was only the size of a construction brick.

Today, more than 20 years later, I work on the go from different parts of the world, talking, texting, typing, printing, designing, and blogging, all from a small device that has no buttons on it

and fits neatly in my pocket. I can be in Tel Aviv and coach a client in Boston via video call, and right after edit a document together with my colleagues in Los Angeles.

The world has definitely shrunk, and when it comes to coaching, and coach-training, the online world opens up new possibilities that push the boundaries of the coaching profession towards new frontiers. I received my coach training at the Institute for Life Coach Training (ILCT) and now also teach at the ILCT – online, without being in the same room with fellow students and teacher. In my training process I was connected with people from all over the country, and all over the world, who all share the same passion and values of human development, growth, and thriving. In addition to providing me with the tools I needed, my coach training connected me with a pastor from Kansas, a young professional from Egypt, and an accomplished media entrepreneur from LA. It gave me the opportunity to see the essential processes of transformation through the eyes of my colleagues, and to develop a broader view of the universal human desire for self-actualization and happiness.

As a coach, I am able to connect with people all over the world, and to interact with them in a richer and deeper way – share web and mobile exercises and resources, use video when needed, and turn it off when it's not. This new era of coaching is also the era of the digital coach. A coach whose presence is not limited, who is accessible and online, and who uses the latest technology to facilitate a runway for change. A coach who helps you go on the ride of your life. ■

## About the Author

*Ran Zilca is a research scientist, writer, entrepreneur, and a life coach. He is the Chief Scientist of bLife, a company developing scientifically-based digital well-being tools. Ran has published numerous scientific papers and patents while leading R&D projects at IBM Research and the Israeli military over the course of the past 20 years. In 2006 he founded Signal Patterns, a company that marries psychology and technology into a new field called Positive Computing, working with leading authors and scientists.*

*Ran's book, Ride OF Your Life – a Coast to Coast Guide to Inner Peace describes his 2010, 5 week, 6,000 miles solo motorcycle ride and includes exclusives interviews with Deepak Chopra, Phil Zimbardo, Sonja Lybomirsky, and many other authors and scientists. Ride of Your Life: <http://www.RideOfYourLife.com>*



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