

What is Coaching?

One-to-one support for the goals and plans you are currently undertaking.

Coaching is a way to help you make the best use of your own resources. It brings out your best capabilities, helps realise your dreams and ambitions. Coaching is concerned with goal setting and achievement ... and can focus on any area of life.

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ralph Waldo Emerson



Typical reasons for wanting to use a coach:

To get more from your life

To stretch and grow

To do things more easily or differently

Coaching looks forward, from this point on ...“Everything in my life has brought me to this point, what can I do now, where can I go from here?”

So coaching is entirely different from counselling as counselling helps you make sense of the past.



Benefits of using a coach:

You take stock of where you are and where you want to be

You take more effective and focused actions, set clearer goals

You stop putting up with whatever is dragging you down

You create momentum so that it is easier to get results

You feel energised, enriched, motivated and inspired

A coach will help you to identify and stay focused on the key tasks necessary to achieve your goals. Importantly a coach has your best interests at heart – for you it's like having a personal trainer for the mind and soul, a guardian angel to help you get on the track you want to be on and stay on it.

“If you do what you've always done, you'll get what you've always got.”

Unknown