



Coaching

Don Hope – Human Resources Consulting and Coaching

Coaching – What working with a Personal Coach can do for you...

*“I can’t wait to get back to work and try this stuff out”.
Who among us has not thought that when attending a
workshop
or seminar at one time or another, only to return to work and
be disappointed by the speed in which you forget, or lose
touch with the enthusiasm to change things?*

*Have you ever sat in a class and wondered, “How am I going
to apply all this knowledge and skill back in my workplace?”*

*What chance do I have of making an impact when I get back to
work, even though I believe passionately in the concepts I
have learned? How do I maintain the passion? “I go away
from a seminar all fired up to change the world, and then
work reality hits and all the new ideas I have fizzle”*



*Questions and comments like these are heard every day by trainers and instructors. The
answer is constructive follow up or coaching.*

*Coaching is a concept readily accepted and proven in some areas of life; for example
sport. Teams and individuals implement what they have learned, to improve their
performance, through the guidance of a coach. Who ever heard of winning a
championship or cup without coaching?*

*Then why not apply these proven techniques in business? It is a strategy for attaining
successful results quicker than by other means.*

*“I absolutely believe that people unless coached never reach their maximum
capabilities”*

Bob Nardelli, CEO Home Depot

What does working with a personal coach do for you?



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A coach works with you to provide objective, professional direction to increase your performance by helping you enhance what you have and acquire what you need to succeed.

A personal coach can make the difference between good intentions and real achievement.

You determine the agenda and together with your coach, you'll develop goals and plans to stay focussed and make the changes you desire.

Key points of how you will benefit from a coaching relationship include:

- Helping you focus - a coach will help you to put your energy where it will serve you best to accomplish your goals.
- Feel better about yourself - taking time for you, finding what it is that truly fills your being, gives you confidence and empowers you.
- Get what you want from life - How about instead of wandering around without a clue, you actually take action and do something! Anytime you do ANYTHING different it creates a shift - you will be creating a new pattern, and new ways of doing things.
- Provide accountability - Knowing that you have made a commitment to yourself and told someone else makes you more likely to stay on task.
- Become more interesting - As you make internal changes others will begin to see you differently. You will be amazed that by changing your attitude you will influence and change the attitude of others, and you'll attract better things to you.
- Be happier! - There is nothing like getting rid of things that are draining you, and taking control of your life, to put a smile on your face.
- Create a support network. - Working with a coach gives you incredible support. Knowing that you've got someone behind you 100% goes a long way in helping you take healthy risks and move forward.
- Create boundaries. - Working with a coach can help you to see what to say yes to because you want to, and what to let go of.
- Find balance. - Humans need to find a balance of mind, body and spirit. A coach is there to help you find that in your life. We cannot be our best selves if we are stressed, overwhelmed or unhappy.



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You will benefit from increased personal awareness, confidence and the ability to act in a more effective manner with people in your business and personal life. Raising not only your personal performance, but also the performance of your organization