

COACHING *WHAT IS IT?*

Many people are confused about the purpose or definition of coaching. While there are many definitions, in simple terms, coaching can be defined as the following.

The process that seeks to improve performance and focuses on the present rather than on the past or future.

It is the process of finding a person's potential to maximize their own performance.

Clients or trainees sometimes get confused with their role in the process. For example, a coach's role is not to identify what's wrong and then do all the work to fix you. There is no magic cure to (fix) the problem.

Clients, or trainees that are new to being coached sometimes get confused with their role in the process. For example, a coach's role is not to identify what's wrong and then do all the work to fix you.

Instead, a coach will help guide you to a solution. This is done from a strategic plan that involves different techniques, methods or processes. No situation is the same and one coach might approach situations differently.

Likewise, clients are also different and what works for one may not work for someone else.

However, the end result is always to have a positive result that brings satisfaction to the coach and client.

A client and coach have the responsibility of working towards their desired result. It takes a collective effort to achieve a favorable outcome.

My clients understand that I give 100% commitment towards their improvement I call it a "Partnership" because it takes 1/2 Partnership and 1/2 Relationship to make it work.

I speak from a place of confidence when I say that my method of coaching is guaranteed to help.

I suggest that you first research your potential coach and ask questions to see if you are a good fit.

There is nothing worse than regretting a decision after the fact. To avoid this, find the answers to 3 important questions.

1. What inspired them to coach?
2. What qualifies them to coach?
3. How do they measure success?

If they can't answer these questions, move on.

Speaking for myself, I have been formally trained as a coach and found it to be very valuable. I also have years of formal education, experience and several type of degrees at my disposal.

As someone that has been coached, I found the experience to be very beneficial. Once I got over the initial fear and uncertainty of using a coach, the results were amazing.

It takes work and commitment to reap the rewards. With the right attitude and the right coach, it can be a great experience.

I would love to help you reach your goals. My [FREE Discovery Call](#) is a good way to see if we might be a good fit to work together.

[Click now](#) to schedule your FREE no obligation Discovery Session.

Talk to you soon,
Jewell

