



## What is coaching?

Coaching is a collaborative partnership that focuses on supporting individuals in achieving their goals, improving their skills, and enhancing their overall wellbeing. It is a distinct process that differs from therapy or counseling, as coaching primarily emphasises future-oriented growth and development rather than addressing past wounds. Coaches provide tools, strategies, and accountability to help individuals unlock their potential and achieve personal fulfilment.

### I can help you achieve this by:

- Raising your awareness through using powerful questioning techniques to enable greater clarity on what you want to achieve and why.
- Supporting you to create practical step by step action plans to reach your goals.
- Helping you to break through any challenges, obstacles or beliefs that are barriers to your progress.
- Providing you with tools, techniques and strategies to create lasting change and success.

***Coaching can be applied to any part of your life, where there's a desire to achieve, accomplish or change.***

### How do I know if coaching is right for me?

- If you want to reach your goals as quickly and as effectively as possible.
- You feel unfulfilled, overwhelmed, or that you aren't reaching your potential.
- There is a gap between where you are now and where you'd like to be.
- You feel ready to make a change but need clarity on what comes next.
- You're operating within your comfort zone, and don't push yourself when you'd like to.
- You need someone to help you maintain motivation or beat procrastination.
- You want to be confident in the decisions you make, and move forward without self doubt.
- You dream about a better work life balance, you're ambitious and have big aspirations.

If you can say yes to any of the above questions, and you're ready to take action, then coaching can certainly help you to live your best life by helping you to make improvements so you can reach your goals.